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The Lipid Research Clinics

Population Studies Data Book

Volume IV The USSR Second Prevalance Study

The Lipid Research Clinics

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Population Studies Data Book

Volume IV The USSR Second Prevalance Study

Lipid Metabolism and Atherogenesis Branch
Division of Heart and Vascular Diseases
National Heart, Lung, and Blood Institute
US-USSR Exchange in Cardiopulmonary Area 8:
Cardiopulmonary Epidemiology and Prevention

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
National Institutes of Health

NIH Publication No. 90-2995
June 1990

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Introduction

Since 1972, the United States of America and the Union of Soviet Socialist Republics have cooperated in a Joint U.S.-U.S.S.R. Program in Research on Cardiovascular Diseases. Cooperation has been very active, and many scientists from both countries have worked together on problems of high scientific priority and mutual interest. The collaboration is guided by the joint leadership of two national research institutes, the U.S. National Heart, Lung, and Blood Institute of the National Institutes of Health and the U.S.S.R. National Cardiology Research Center in the Soviet Union.

An important part of the collaboration has been the sharing of information gained from population studies conducted in both countries according to joint protocols. Area 8 of the U.S.-U.S.S.R. program focuses on cardiopulmonary epidemiology and prevention. Under the joint program, two long-term prevalence studies have been conducted in the U.S.S.R. The first was initiated in 1975, and the second in 1978. Data have been collected on a range of variables associated with cardiopulmonary diseases, including education and occupation; blood pressure; height and weight; smoking; alcohol intake; use of medication; plasma lipids; clinical chemistries; physical activity; and diet. Soviet data continue to be reported, analyzed, and compared with data collected in the U.S. Prevalence Study initiated in 1972 through the U.S. Lipid Research Clinics. The purpose of these comparisons is to improve understanding of the causes and progression of cardiopulmonary diseases. Careful attention has been paid to standardization and quality control in all phases of the studies to assure that the data are comparable between the two countries.

This volume of the Lipid Research Clinics Population Studies Data Book presents data collected in the U.S.S.R. Second Prevalence Study. The populations include men and women residing in separate administrative districts of Moscow and Leningrad. The previous volume in the series (vol. III, NIH Publication No. 87-2727) reported data collected in the U.S.S.R. First Prevalence Study from a sampling of men residing in separate administrative districts of Moscow and Leningrad. Earlier volumes reported aggregated distributions of lipids, lipoproteins, and selected variables in 10 North American populations (vol. I, NIH Publication No. 80-1577) and nutrient intake in 10 North American populations (vol. II, NIH Publication No. 82-2014).

It is hoped that the data presented in this book will be of value in the prevention and control of cardiopulmonary diseases.

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Overview of Lipid Research Clinics Program and U.S.-U.S.S.R. Collaboration

The Lipid Research Clinics (LRC) Program was created in 1971 under the sponsorship of the Lipid Metabolism Branch, National Heart, Lung, and Blood Institute, National Institutes of Health. A network of 12 lipid research clinics and five support agencies was established in North America with the following objectives:

- To evaluate current technologies for diagnosis of hyperlipoproteinemia
- To acquire data across all age groups on the prevalence of different types of hyperlipoproteinemia, particularly genetically determined forms
- To collect high-quality data on the prevalence and incidence of atherosclerosis in different patterns of hyperlipoproteinemia
- To improve methods for detection, diagnosis, and medical care of coronary heart disease.

Two major sets of collaborative studies were undertaken to meet these objectives: Population Studies (involving 10 lipid research clinics) and the Coronary Primary Prevention Trial (involving 12 lipid research clinics).

The Population Studies are a series of epidemiological surveys of the distribution, causes, and consequences of dyslipoproteinemia. They encompass three major studies sharing the same general population base: the Prevalence Study, the Family Study, and the Followup Study. The Prevalence Study was initiated in 1972 to determine the prevalence of different types of dyslipoproteinemia. It consisted of two screens, or examinations, of subjects selected from well-defined populations in each of the 10 participating lipid research clinics in North America. The Family Study began in 1975 and provides data on the relationship of familial and genetic attributes to plasma lipids and lipoproteins. The Followup Study examines the mortality experience of approximately 9,000 males and females participating in the second screen of the Prevalence Study. This screen began in 1977.

The Coronary Primary Prevention Trial was a double-blind clinical trial which tested the hypothesis that long-term reduction of serum cholesterol in hypercholesterolemic men, initially free of coronary heart disease, will lower the incidence of coronary heart disease.

In 1972 an agreement was signed between the governments of the United States and the Soviet Union for joint studies directed toward the solution of major health problems in the two countries. Cardiopulmonary Area 8, Cardiopulmonary Epidemiology and Prevention (formerly Cardiovascular Area 1, The Pathogenesis of Atherosclerosis), focuses on the prevalence of hyperlipoproteinemia and ischemic heart disease in Soviet and American populations. Under this area, lipid research clinics were established in Moscow and Leningrad in 1974.

The U.S.S.R. component of this collaborative research consists of two Prevalence Studies and a Followup Study. This data book contains data from the U.S.S.R. Second Prevalence Study. This study can be considered comparable to the U.S.A. component since it used a standardized protocol with methods common to the LRC program in U.S. clinics.

In addition to the major objectives cited above, the following specific objectives pertain to the U.S.-U.S.S.R. collaboration:

- To describe the similarities or differences in plasma lipid and lipoprotein values across populations in the Soviet Union and the United States
- To identify the demographic and physiologic factors associated with hyperlipidemia and dyslipoproteinemias and to identify similarities and differences in these determinants between the two countries
- To investigate the associations of hyperlipidemia with various physiologic and demographic characteristics of the population studied, and their joint association with coronary heart disease.

The U.S.S.R. Prevalence Studies

The U.S.S.R. First Prevalence Study was initiated in July 1975 and consisted of two examinations of participants randomly selected from well-defined residential populations in Moscow and Leningrad. A description of these study populations and their response rates has been published (1,2). In both cities, the target population was defined as men on the 1974 voting list who were born between 1916 and 1935 and who still resided in the district at the time their addresses were checked.

Early in the study it was discovered that there was a dramatic difference in the distribution of lipids and lipoproteins for males ages 40-59 in the U.S.S.R. and U.S. LRC samples (1). Specifically, men in the U.S. samples had a higher level of triglycerides, whereas men in the U.S.S.R. samples had dramatically increased levels of high density lipoprotein cholesterol. The U.S.S.R. Second Prevalence Study, begun in 1978, was created in part to determine whether this observation was an artifact specific to men ages 40-59 years or was found more generally in the Soviet population. It was decided to continue examining men in the larger age group of 20-69 years and, for comparison, to examine women in the same age group.

In the Second Prevalence Study, the Moscow lipid research clinic used a different voting district population than that used in the First Prevalence Study, whereas the Leningrad clinic used the population from the same voting district and, therefore, did not rescreen men aged 40-59 years.

The U.S.S.R. Second Prevalence Study consisted of only one examination. Data were collected on height and weight; smoking, ethanol, and medication use; plasma lipids; blood pressure; and diet, including energy and nutrient intake and specific food sources of nutrients. A 24-hour dietary recall was administered to a randomly selected subsample approximating 25 percent of the original sample.

The sampling frames for the two U.S.S.R. studies are presented below. Whereas the U.S.S.R. First Prevalence Study consisted of a random sample from the defined populations, the U.S.S.R. Second Prevalence Study consisted of a stratified random sample for the men and a random sample for the women. Stratification for the men was based on 10-year age groups.

U.S.-U.S.S.R. Collaborative Study
U.S.S.R. Prevalence Studies

Study	Sampling Frame	Clinic
U.S.S.R. FIRST PREVALENCE STUDY		
Men in Defined Residential Districts	Men born 1916-1935 residing in the Obtyabrskii District by the 1974 voting lists.	Moscow
	Men born 1916-1935 residing in the Petrogradskii District by the 1974 voting lists.	Leningrad
U.S.S.R. SECOND PREVALENCE STUDY		
Men and Women in Defined Residential Districts	Men and women ages 20-69 residing in the Krasnopresenskii District by 1977 voting lists.	Moscow
	Same District as First Prevalence Study and sample was limited to men ages 20-39 and 60-69 and included women ages 20-69.	Leningrad

Methods

The socioeconomic and physiologic variables presented in this data book and brief descriptions of the methodology used are given below. Detailed presentations of methodology for the respective variables are presented elsewhere (3-5).

AGE

Age was calculated to the nearest day by using the date of birth and the date of the clinic visit.

LIPID AND LIPOPROTEIN DETERMINATIONS

Blood specimens were obtained from participants who had fasted for at least 12 hours. Venipuncture was done with the examinees in a sitting position; a tourniquet was used but was released before collection of the blood sample to avoid artifactual increases in the concentration of plasma lipids. All samples were cooled immediately on wet ice, and standardized lipid laboratory procedures were initiated within 3 hours after venipuncture.

Plasma total cholesterol (TC) and triglycerides (TG) were estimated with the Technicon AutoAnalyzer II (AA-II), as adapted by the LRC Program (5). The plasma TC procedure adapted to the AA-II was a modification of the Liebermann-Burchard procedure. Triglycerides were analyzed fluorometrically. High density lipoprotein cholesterol (HDL-C) was measured in the supernatant following precipitation of low density lipoprotein cholesterol (LDL-C) and very low density lipoprotein cholesterol (VLDL-C) from whole plasma by heparin and manganese chloride. The LDL-C concentrations (6) were estimated according to the formula: $LDL-C = TC - (HDL-C + TG/5)$.

BLOOD PRESSURE

Blood pressure was measured on the right arm after the participant had been sitting for at least 5 minutes. Four blood pressure measurements were obtained, two by use of a standard sphygmomanometer and two with a random-zero sphygmomanometer. For each method, the averages of the two readings are presented. Systolic blood pressure was defined by the appearance of sound (Korotkoff's first phase), and diastolic blood pressure was defined by the disappearance of sound (fifth phase).

ANTHROPOMETRIC MEASUREMENTS

Height. Standing height, without shoes, was measured to the nearest 0.5 cm.

Weight. Weight was measured to the nearest 0.1 kg in ordinary street clothes without heavy outer garments.

Quetelet Index. This body mass can be calculated by using the equation:
 $[\text{weight}(\text{kg})/(\text{height}(\text{cm}))^2] \times 1,000.$

SMOKING

Participants were asked whether they had ever smoked cigarettes or paperosas (a paperosa has one-third less tobacco than a cigarette and a long filterless end through which smoke is drawn) and if they were current or past smokers. Current smokers were asked how many cigarettes or paperosas they usually smoked per day.

ETHANOL CONSUMPTION

Ethanol intake was assessed by two methods: a set of questions in the interview specifically addressing ethanol use during the previous week (7-day recall), and the 24-hour dietary recall. The average daily ethanol intake calculated from the 7-day recall provides a more representative record of ethanol use than the 24-hour recall because no Friday or Saturday 24-hour recalls were collected.

EDUCATION

Education was coded according to the participant's response to the question, "How much education have you had?"

Comparisons of U.S. and U.S.S.R. Definitions of Education Codes

U.S.		U.S.S.R.	
Code	Definition	Code	Definition
1	> College Graduate	1	> College Graduate
2	College Graduate	2	Some College
3	Some College	3	High school graduate or some special technical education
4	High School Graduate	4	Some high school
5	Some High School	5	Some formal education
6	7th - 9th Grade	6	No formal education
7	< 7th Grade		

OCCUPATION

Participants were classified according to their occupation, which was determined by the participant's response to the question, "What is your usual occupation?"

<u>Code</u>	<u>Definition of U.S.S.R. Occupation Codes</u>
-------------	--

- | | |
|----|--|
| 01 | Officials of the executive branch of government and its structural subdivisions; directors of trade unions and other societies at the all-union, republic, city, and district levels and their subdivisions; directors of industrial, construction, agricultural, forestry, transportation, and communications concerns and their subdivisions; directors of scientific research institutes, colleges, and universities. |
|----|--|

-
- 02 Creative artists and other professionals, teachers, educators, lawyers, and surgeons.
 - 03 Factory section heads; managers of departments, construction offices, and laboratories; directors of trade unions and other societies in factories, departments, construction offices, and laboratories; heads of university departments; other physicians (nonsurgeons), senior scientific workers.
 - 04 Engineers, mechanics, technicians, scientific workers (junior scientific workers and senior laboratory technicians).
 - 05 Road workers, metallurgic workers, mine operatives, construction workers, truck and bus drivers, loaders, riggers, surveyors/prospectors.
 - 06 Sheetmetal workers, lathe operators, millwrights, etc., textile operatives, chemical plant operatives, assembly-line workers, typists, taxi and other automobile drivers, printing plant operatives (other than administrative), janitors, cooks, sales clerks.
 - 07 Operatives of special medical supply plants, practical nurses, elevator operators, mailmen, messengers, telephone and telegraph operators, draftsmen, secretaries, ticket collectors (theaters), ticket collectors (buses, metro, etc.).
 - 08 College and university students, high school students.
 - 09 Pensioners, handicapped (if not working for more than 1 year), World War II-handicapped.

PHYSICAL ACTIVITY

Participants were asked whether or not they regularly engaged in strenuous physical activity or hard labor. The variable was coded 1 for "no" and 2 for "yes."

DIETARY ASSESSMENT

Dietary data were collected on the 25-percent subsample using a 24-hour dietary recall. Trained and certified personnel (physicians and nurses) elicited a detailed description of all foods consumed by each participant during the previous 24 hours. Special attention was paid to foods and food preparation that contribute to fat or cholesterol intake. Additional information was obtained on the day of the week, special diets, consumption of eggs, recall reliability, and typicality of intake.

Coding. Dietary intake data were coded by the interviewers, who assigned codes according to a standardized code book developed for this study. The code book contained instructions for coding all food items recorded on the recall form, including uniform procedures or "rules" for dealing with unknowns, food mixtures, fat absorbed in frying, and various conversion factors. Coding rules were developed primarily on the basis of official published data. Uniform standards exist for virtually all commercial foods, including those sold in public eating places. These standards were used to quantify serving sizes and ingredients in commercially prepared foods. Rules for coding unknown fats were developed from surveys of common usage in Moscow and Leningrad. Some coding rules, such as specification of the amount of fat absorbed in cooking, were taken from the U.S. LRC studies.

Food Table. Nutrient composition was calculated from the coded data using a compressed food composition table developed for the U.S.S.R. LRC Study. Foods were grouped into approximately 200 items based on the content of nutrients being studied.

The U.S.S.R. LRC food table was compiled from official Soviet published data (7), with two exceptions. First, U.S. LRC nutrient values were retained for grains, fruits, vegetables, and eggs. Second, U.S. Department of Agriculture data were used in the U.S.S.R. food table for calculating fatty acid and cholesterol content, except for processed fats for which data from Soviet manufacturers were used.

Data are presented in grams for the following nutrients: protein, total fat, saturated fatty acids (SFA), polyunsaturated fatty acids (PFA), monounsaturated fatty acids (MFA), total carbohydrate, sucrose, starch, other carbohydrate, and ethanol. Data for all these variables also are expressed as a percent of energy intake (kilocalories). Data are presented in milligrams for dietary cholesterol and for cholesterol by energy (per 1,000 kilocalories). Data are also presented for the ratio of polyunsaturated to saturated fatty acids (the P-S ratio).

Nutrition data collection was monitored by observing the recall procedure for evidence of incomplete or improperly conducted interviews and by recoding a random subsample of the recalls to check for accuracy of coding.

FOOD SOURCES OF ENERGY AND SELECTED NUTRIENTS

Data are presented on the contribution of 17 food groups to total energy, protein, and fat; and the contribution of 16 food groups to SFA, MFA, PFA, and dietary cholesterol. The percent contribution of each food group to total energy intake was calculated for each individual in the sample who reported consuming any amount. Individual percentages were totaled and divided by the number of users to obtain the average proportion of energy and nutrient intake provided by the food group in the diets of individuals in the population.

The composition of the food groups is as follows:

Fruits and vegetables. Raw and cooked leafy vegetables, root vegetables, dried and fresh beans, corn, peas, potatoes, cabbage filling, fruit and vegetable juices, raw and cooked fruits.

Breads and cereals. Rye, whole grain, and white bread; cooked cereals (kasha); noodles and macaroni.

Milk, cheese, and yogurt. Fresh and fermented nonfat and 3-percent-fat milk, fresh (tvorog) and aged cheeses, and cheese fillings.

Meat. Cooked fresh and cured pork, beef, veal, lamb, rabbit, liver, kidney, and meat filling.

Processed meat. Sausage and cold cuts.

Fish and shellfish. Fresh, smoked, and canned fin fish; shellfish; and roe.

Poultry. Chicken, duck, and goose.

Eggs. Whole egg, egg yolk, and egg white, except as used in baked products.

Desserts. Baked desserts, gelatin desserts, pancakes, and cookies.

Dairy desserts and creams. Ice cream, fresh and sour cream, cheese pudding, condensed milk, and whole milk containing 6-percent butterfat.

Nuts and seeds.

Snacks. Potato chips, pickles, sauerkraut, and salty condiments.

Soups and sauces. Bouillon, vegetable soup, borscht, bean soup, mutton soup (Kharcho), milk sauce, gravy, and tomato sauce.

Fats and oils. Animal fats, bacon, vegetable oils, table margarines, butter, and fats used in home baking.

Sweets. Sugar, honey, jam, candy, and sweetened nonalcoholic beverages.

Alcoholic beverages. Distilled spirits, fortified wine, beer, table wine, and cordials.

Diet miscellany. Items that were substantially different in composition from food items in the food table and items that exceeded the frequency limits contained in the precoded section

of the form. Approximately 10 percent of the recalls contained items in the "diet miscellany" category.

Food sources of nutrients are also presented as cumulative frequencies. The 50 most important sources of selected nutrients are rank ordered. The contribution of a given food item to the mean population sample intake of a given nutrient was estimated by multiplying the total intake of the food item by the concentration of the nutrient in that food item and dividing the product by the number in the population sample.

Data Presentation and Format of Data Book

This data book is a compilation of variables collected during the Second Prevalence Study in the two U.S.S.R. LRC's in Moscow and Leningrad. It is patterned after similar data books (vols. I, II, and III) based on Prevalence Study data from 10 North American LRC's and the First U.S.S.R. Prevalence Study (2,8,9).

INTRODUCTORY TABLES

Age and clinic distributions of the participants are shown in table 1. Education level and occupation of the participants are shown in tables 2 and 3.

GENERAL FORMAT

Data are presented by clinic, sex, and 10-year age groups. Number, means, standard errors, and selected percentiles (5th, 10th, 25th, 50th, 75th, 90th, and 95th) are presented for the following variables:

- Height, weight, and Quetelet index
- Smoking status
- Ethanol intake
- Plasma lipids and lipoproteins
- Blood pressure.

Number and percent of users are presented for:

- Medication use.

Number, medians, means, and standard deviations are presented for:

- Energy intake
- Nutrient intake.

Number, means, standard deviations, and percent of users are presented for:

- Food sources of nutrients.

EXCLUSIONS

Data exclusions were the result of missing information or deviation from conditions specified in the protocol. For lipid and lipoprotein data, the exclusion criterion was fasting less than 12 hours.

I. Introductory Data

Sample Size

Education Level

Occupation

TABLE 1

Sample Size
By Clinic, Age, and Sex
LRC Program, U.S.S.R. Second Prevalence Study

Clinic	Age	Sex				Total	
		Males		Females			
		No.	%	No.	%	No.	%
Leningrad	20-29	316	53.4	276	46.6	592	100.0
	30-39	315	42.7	422	57.3	737	100.0
	40-49	0	-	613	100.0	613	100.0
	50-59	0	-	562	100.0	562	100.0
	60-69	278	45.0	340	55.0	618	100.0
	Total	909	-	2,213	-	3,122	-
Moscow	20-29	250	57.6	184	42.4	434	100.0
	30-39	238	44.7	294	55.3	532	100.0
	40-49	244	49.0	254	51.0	498	100.0
	50-59	248	48.3	265	51.7	513	100.0
	60-69	234	53.7	202	46.3	436	100.0
	Total	1,214	-	1,199	-	2,413	-
Both U.S.S.R. LRC's	20-29	566	55.2	460	44.8	1,026	100.0
	30-39	553	43.6	716	56.4	1,269	100.0
	40-49	244	22.0	867	78.0	1,111	100.0
	50-59	248	23.1	827	76.9	1,075	100.0
	60-69	512	48.6	542	51.4	1,054	100.0
	Total	2,123	-	3,412	-	5,535	-

TABLE 2

Education Level
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

		Education Level													
		College Grad.		Some College		High School or Tech. Educ.		Some High School		Some Formal Educ.		No Formal Educ.		Total	
Sex/clinic	Age	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Males															
Leningrad	20-29	74	23.4	42	13.3	169	53.5	31	9.8	0	-	0	-	316	100.0
	30-39	113	35.9	10	3.2	145	46.0	47	14.9	0	-	0	-	315	100.0
	40-49	0	-	0	-	0	-	0	-	0	-	0	-	0	-
	50-59	0	-	0	-	0	-	0	-	0	-	0	-	0	-
	60-69	77	27.7	3	1.1	81	29.1	70	25.2	47	16.9	0	-	278	100.0
Moscow	20-29	68	27.2	29	11.6	120	48.0	30	12.0	3	1.2	0	-	250	100.0
	30-39	99	41.6	5	2.1	80	33.6	53	22.3	1	0.4	0	-	238	100.0
	40-49	86	35.2	5	2.0	75	30.7	66	27.0	12	4.9	0	-	244	100.0
	50-59	66	26.6	5	2.0	63	25.4	103	41.5	10	4.0	1	0.4	248	100.0
	60-69	79	33.8	8	3.4	49	20.9	56	23.9	40	17.1	2	0.9	234	100.0
Both U.S.S.R.															
LRC's	20-29	142	25.1	71	12.5	289	51.1	61	10.8	3	0.5	0	-	566	100.0
	30-39	212	38.3	15	2.7	225	40.7	100	18.1	1	0.2	0	-	553	100.0
	40-49	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	60-69	156	30.5	11	2.1	130	25.4	126	24.6	87	17.0	2	0.4	512	100.0
Females															
Leningrad	20-29	103	37.3	19	6.9	145	52.5	9	3.3	0	-	0	-	276	100.0
	30-39	161	38.2	9	2.1	218	51.7	33	7.8	1	0.2	0	-	422	100.0
	40-49	215	35.1	5	0.8	251	40.9	117	19.1	25	4.1	0	-	613	100.0
	50-59	120	21.4	9	1.6	186	33.1	170	30.2	76	13.5	1	0.2	562	100.0
	60-69	49	14.4	9	2.6	91	26.8	82	24.1	96	28.2	13	3.8	340	100.0
Moscow	20-29	61	33.2	17	9.2	97	52.7	8	4.3	1	0.5	0	-	184	100.0
	30-39	118	40.1	4	1.4	145	49.3	25	8.5	2	0.7	0	-	294	100.0
	40-49	99	39.0	2	0.8	93	36.6	48	18.9	11	4.3	1	0.4	254	100.0
	50-59	46	17.4	4	1.5	90	34.0	99	37.4	22	8.3	4	1.5	265	100.0
	60-69	23	11.4	6	3.0	56	27.7	54	26.7	53	26.2	10	5.0	202	100.0
Both U.S.S.R.															
LRC's	20-29	164	35.7	36	7.8	242	52.6	17	3.7	1	0.2	0	-	460	100.0
	30-39	279	39.0	13	1.8	363	50.7	58	8.1	3	0.4	0	-	716	100.0
	40-49	314	36.2	7	0.8	344	39.7	165	19.0	36	4.2	1	0.1	867	100.0
	50-59	166	20.1	13	1.6	276	33.4	269	32.5	98	11.9	5	0.6	827	100.0
	60-69	72	13.3	15	2.8	147	27.1	136	25.1	149	27.5	23	4.2	542	100.0

TABLE 3

Occupation By Sex, Clinic, and Age LRC Program, U.S.S.R. Second Prevalence Study

		Occupation															
		Govern. Art./Prof. Manager		Engineers Tech.		Heavy Manual		Light Manual		Adminis. Clerk		Students		Pension/ Handicap		Total	
Sex/clinic	Age	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Males																	
Leningrad	20-29	28	8.9	91	28.8	50	15.8	95	30.1	11	3.5	40	12.7	1	0.3	316	100.0
	30-39	53	16.9	104	33.1	70	22.3	79	25.2	4	1.3	1	0.3	3	1.0	314	100.0
	40-49	0	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-
	50-59	0	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-
	60-69	38	13.7	32	11.5	20	7.2	50	18.0	18	6.5	2	0.7	118	42.4	278	100.0
Moscow	20-29	42	16.8	48	19.2	58	23.2	66	26.4	22	8.8	10	4.0	4	1.6	250	100.0
	30-39	67	28.2	60	25.2	35	14.7	56	23.5	17	7.1	2	0.8	1	0.4	238	100.0
	40-49	85	34.8	33	13.5	33	13.5	68	27.9	21	8.6	0	-	4	1.6	244	100.0
	50-59	81	32.7	24	9.7	35	14.1	68	27.4	6	2.4	1	0.4	33	13.3	248	100.0
	60-69	50	21.4	24	10.3	9	3.8	25	10.7	26	11.1	0	-	100	42.7	234	100.0
Both U.S.S.R.																	
LRC's	20-29	70	12.4	139	24.6	108	19.1	161	28.4	33	5.8	50	8.8	5	0.9	566	100.0
	30-39	120	21.7	164	29.7	105	19.0	135	24.5	21	3.8	3	0.5	4	0.7	552	100.0
	40-49	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	60-69	88	17.2	56	10.9	29	5.7	75	14.6	44	8.6	2	0.4	218	42.6	512	100.0
Females																	
Leningrad	20-29	33	12.0	129	46.9	5	1.8	64	23.3	22	8.0	17	6.2	5	1.8	275	100.0
	30-39	48	11.4	231	54.7	14	3.3	82	19.4	32	7.6	3	0.7	12	2.8	422	100.0
	40-49	95	15.5	252	41.1	27	4.4	168	27.4	55	9.0	2	0.3	14	2.3	613	100.0
	50-59	65	11.6	134	23.8	17	3.0	151	26.9	66	11.7	3	0.5	126	22.4	562	100.0
	60-69	10	2.9	14	4.1	0	-	51	15.0	45	13.3	2	0.6	217	64.0	339	100.0
Moscow	20-29	13	7.1	96	52.2	3	1.6	21	11.4	37	20.1	12	6.5	2	1.1	184	100.0
	30-39	70	23.8	126	42.9	5	1.7	47	16.0	41	13.9	1	0.3	4	1.4	294	100.0
	40-49	72	28.3	91	35.8	4	1.6	54	21.3	28	11.0	1	0.4	4	1.6	254	100.0
	50-59	40	15.1	42	15.8	4	1.5	62	23.4	47	17.7	1	0.4	69	26.0	265	100.0
	60-69	5	2.5	4	2.0	1	0.5	17	8.4	32	15.8	2	1.0	141	69.8	202	100.0
Both U.S.S.R.																	
LRC's	20-29	46	10.0	225	49.0	8	1.7	85	18.5	59	12.9	29	6.3	7	1.5	459	100.0
	30-39	118	16.5	357	49.9	19	2.7	129	18.0	73	10.2	4	0.6	16	2.2	716	100.0
	40-49	167	19.3	343	39.6	31	3.6	222	25.6	83	9.6	3	0.3	18	2.1	867	100.0
	50-59	105	12.7	176	21.3	21	2.5	213	25.8	113	13.7	4	0.5	195	23.6	827	100.0
	60-69	15	2.8	18	3.3	1	0.2	68	12.6	77	14.2	4	0.7	358	66.2	541	100.0



II. Anthropometric Data

Height

Weight

Quetelet Index

TABLE 4**Height, Males**

Mean, Standard Error, and Percentiles,

By Clinic and Age

LRC Program, U.S.S.R. Second Prevalence Study

Clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Leningrad	20-29	316	174.4	0.3	164	167	171	175	178	182	185
	30-39	315	172.6	0.4	163	165	168	172	177	181	183
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	278	168.8	0.4	159	161	165	169	173	177	179
Moscow	20-29	249	176.9	0.4	166	168	173	177	182	185	187
	30-39	237	174.9	0.4	163	167	171	175	179	183	186
	40-49	243	173.0	0.4	162	164	168	173	178	182	184
	50-59	244	171.3	0.4	161	163	167	171	176	179	182
	60-69	231	169.3	0.4	159	161	165	170	175	178	180
Both U.S.S.R. LRC's	20-29	565	175.5	0.3	165	167	172	176	180	184	186
	30-39	552	173.6	0.3	163	165	170	173	178	183	185
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	509	169.0	0.3	159	161	165	169	173	178	179

TABLE 5

Height, Females
Mean, Standard Error, and Percentiles,
By Clinic and Age
LRC Program, U.S.S.R. Second Prevalence Study

Clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Leningrad	20-29	273	162.1	0.3	153	155	159	162	166	169	172
	30-39	420	160.4	0.3	151	153	157	161	164	168	170
	40-49	611	158.4	0.2	148	150	154	159	163	166	168
	50-59	558	157.4	0.3	147	150	154	158	162	165	168
	60-69	339	154.9	0.3	145	148	152	155	158	162	164
Moscow	20-29	183	163.6	0.4	153	156	159	164	168	171	174
	30-39	290	161.7	0.3	152	155	158	161	165	169	171
	40-49	253	159.9	0.3	152	153	156	160	164	166	169
	50-59	261	158.8	0.4	149	152	155	159	163	165	167
	60-69	175	156.9	0.4	147	150	153	157	161	164	166
Both U.S.S.R. LRC's	20-29	456	162.7	0.3	153	155	159	163	167	170	173
	30-39	710	160.9	0.2	152	154	157	161	165	168	170
	40-49	864	158.8	0.2	149	151	155	159	163	166	168
	50-59	819	157.9	0.2	147	150	154	158	162	165	168
	60-69	514	155.6	0.2	145	149	152	156	159	163	165

TABLE 6

Weight, Males

Mean, Standard Error, and Percentiles,
By Clinic and Age
LRC Program, U.S.S.R. Second Prevalence Study

Clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Leningrad	20-29	316	72.1	0.6	57	60	65	72	77	85	90
	30-39	315	74.1	0.6	58	62	67	73	80	89	95
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	278	76.3	0.8	55	60	68	76	85	94	102
Moscow	20-29	249	74.5	0.7	59	61	66	74	81	89	93
	30-39	237	75.9	0.8	59	61	67	75	83	92	98
	40-49	243	77.7	0.9	58	62	68	75	86	95	104
	50-59	244	77.5	0.8	57	63	69	76	85	95	102
	60-69	231	77.4	0.8	59	62	69	76	85	93	100
Both U.S.S.R. LRC's	20-29	565	73.1	0.4	58	61	66	72	79	87	91
	30-39	552	74.9	0.5	59	62	67	74	82	90	96
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	509	76.8	0.6	56	61	68	76	85	93	101

TABLE 7

Weight, Females
Mean, Standard Error, and Percentiles,
By Clinic and Age
LRC Program, U.S.S.R. Second Prevalence Study

Clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Leningrad	20-29	273	63.8	0.7	48	51	56	62	70	79	87
	30-39	420	65.9	0.6	50	53	58	64	72	82	90
	40-49	611	69.8	0.5	51	55	62	68	77	88	94
	50-59	558	74.0	0.5	53	58	66	73	82	91	96
	60-69	339	71.9	0.7	52	57	63	71	80	89	96
Moscow	20-29	183	63.5	0.8	49	52	55	62	70	80	85
	30-39	290	66.3	0.7	50	52	58	65	72	83	89
	40-49	252	72.7	0.8	53	57	63	72	81	90	97
	50-59	261	75.3	0.8	54	60	67	75	84	91	98
	60-69	175	74.4	0.9	54	58	66	74	82	90	94
Both U.S.S.R. LRC's	20-29	456	63.7	0.5	49	51	56	62	70	79	86
	30-39	710	66.1	0.4	50	53	58	65	72	82	90
	40-49	863	70.7	0.4	51	56	62	69	78	89	95
	50-59	819	74.4	0.5	53	58	66	74	82	91	96
	60-69	514	72.7	0.6	53	57	64	72	81	90	95

TABLE 8

Quetelet Index,^a Males
Mean, Standard Error, and Percentiles,
By Clinic and Age
LRC Program, U.S.S.R. Second Prevalence Study

Clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Leningrad	20-29	316	2.37	0.016	1.95	2.00	2.16	2.34	2.53	2.78	2.87
	30-39	315	2.49	0.018	2.03	2.10	2.26	2.46	2.69	2.92	3.01
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	278	2.67	0.023	2.09	2.20	2.39	2.66	2.90	3.19	3.35
Moscow	20-29	249	2.38	0.019	1.96	2.03	2.16	2.34	2.56	2.77	2.98
	30-39	237	2.48	0.022	1.97	2.08	2.24	2.44	2.68	2.87	2.99
	40-49	243	2.59	0.027	2.01	2.10	2.32	2.55	2.81	3.09	3.39
	50-59	244	2.64	0.026	2.03	2.17	2.36	2.61	2.88	3.19	3.39
	60-69	231	2.70	0.024	2.08	2.23	2.44	2.69	2.91	3.15	3.27
Both U.S.S.R. LRC's	20-29	565	2.37	0.013	1.95	2.01	2.16	2.34	2.54	2.77	2.91
	30-39	552	2.48	0.014	2.01	2.08	2.26	2.45	2.68	2.89	2.99
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	509	2.68	0.017	2.09	2.21	2.43	2.67	2.91	3.17	3.32

^aQuetelet index is calculated as $[\text{weight (kg)/height (cm)}]^2 \times 1,000$.

TABLE 9

Quetelet Index,^a Females
Mean, Standard Error, and Percentiles,
By Clinic and Age
LRC Program, U.S.S.R. Second Prevalence Study

Clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Leningrad	20-29	273	2.43	0.025	1.86	2.00	2.13	2.36	2.62	3.02	3.21
	30-39	420	2.56	0.022	1.98	2.07	2.25	2.47	2.79	3.18	3.45
	40-49	611	2.78	0.020	2.09	2.22	2.45	2.72	3.01	3.46	3.74
	50-59	556	2.98	0.020	2.23	2.44	2.67	2.95	3.24	3.59	3.90
	60-69	339	2.99	0.027	2.25	2.37	2.70	2.93	3.27	3.63	3.97
Moscow	20-29	183	2.37	0.029	1.83	1.94	2.10	2.26	2.60	2.97	3.13
	30-39	290	2.54	0.027	1.94	2.03	2.23	2.48	2.72	3.16	3.41
	40-49	252	2.85	0.032	2.09	2.23	2.48	2.81	3.13	3.54	3.83
	50-59	261	2.98	0.030	2.22	2.38	2.67	2.96	3.25	3.60	3.82
	60-69	175	3.02	0.036	2.23	2.43	2.73	2.96	3.28	3.73	3.90
Both U.S.S.R. LRC's	20-29	456	2.41	0.019	1.85	1.96	2.11	2.32	2.61	2.99	3.17
	30-39	710	2.55	0.017	1.98	2.06	2.24	2.47	2.76	3.17	3.42
	40-49	863	2.80	0.017	2.09	2.22	2.46	2.74	3.05	3.48	3.76
	50-59	817	2.98	0.017	2.23	2.42	2.67	2.95	3.24	3.59	3.87
	60-69	514	3.00	0.021	2.25	2.39	2.72	2.94	3.28	3.69	3.95

^aQuetelet index is calculated as $[\text{weight (kg)/height (cm)}]^2 \times 1,000$.

III. Smoking, Ethanol, and Medication Data

Smoking

Ethanol

Medication Use

TABLE 10

Smokers

Number and Percent,
By Clinic, Age, and Sex
LRC Program, U.S.S.R. Second Prevalence Study

Clinic	Age	Males						Females					
		Current Smoker		Ex-smoker		Never Smoked		Current Smoker		Ex-smoker		Never Smoked	
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Leningrad	20-29	200	64.1	30	9.6	82	26.3	81	30.2	24	9.0	163	60.8
	30-39	205	66.8	31	10.1	71	23.1	95	23.1	34	8.3	283	68.7
	40-49	0	-	0	-	0	-	71	11.7	20	3.3	514	85.0
	50-59	0	-	0	-	0	-	44	8.1	36	6.6	466	85.3
	60-69	121	44.0	105	38.2	49	17.8	28	8.3	36	10.7	273	81.0
Moscow	20-29	163	65.2	27	10.8	60	24.0	38	20.7	30	16.3	116	63.0
	30-39	159	66.8	15	6.3	64	26.9	79	26.9	31	10.5	184	62.6
	40-49	142	58.2	48	19.7	54	22.1	31	12.2	19	7.5	204	80.3
	50-59	141	56.9	65	26.2	42	16.9	20	7.5	16	6.0	229	86.4
	60-69	67	28.6	106	45.3	61	26.1	8	4.0	16	7.9	178	88.1

TABLE 11

Smokers

Number of Cigarettes and Paparosas Smoked Per Day
Mean, Standard Error, and Percentiles,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	200	15.00	0.532	2.00	5.00	10.00	15.00	20.00	25.00	25.00
	30-39	205	17.31	0.531	4.30	7.60	12.00	20.00	20.00	25.00	28.50
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	121	14.83	0.648	3.00	5.00	10.00	15.00	20.00	25.00	25.00
Moscow	20-29	163	15.35	0.590	2.20	5.00	10.00	15.00	20.00	20.00	30.00
	30-39	159	16.44	0.588	3.00	6.00	10.00	20.00	20.00	20.00	30.00
	40-49	142	17.13	0.711	2.15	6.00	10.00	20.00	20.00	25.00	30.00
	50-59	141	17.53	0.671	5.00	7.20	12.00	20.00	20.00	25.00	33.60
	60-69	67	16.57	1.171	3.00	4.80	10.00	20.00	20.00	25.00	36.00
Both U.S.S.R. LRC's	20-29	363	15.16	0.395	2.00	5.00	10.00	15.00	20.00	25.00	25.00
	30-39	364	16.93	0.394	3.25	7.00	12.00	20.00	20.00	25.00	30.00
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	188	15.45	0.591	3.00	5.00	10.00	15.00	20.00	25.00	25.00
Females											
Leningrad	20-29	81	7.17	0.549	1.00	2.00	3.50	5.00	10.00	15.00	19.50
	30-39	95	6.55	0.537	1.00	2.00	3.00	5.00	10.00	14.40	17.60
	40-49	71	8.97	0.742	1.20	2.20	4.00	7.00	15.00	20.00	20.00
	50-59	44	10.34	1.023	0.25	2.00	5.00	10.00	14.25	20.00	25.00
	60-69	28	12.79	1.481	2.00	2.90	5.00	11.00	20.00	25.00	25.00
Moscow	20-29	36	6.17	0.659	1.00	1.70	3.00	5.00	10.00	10.00	13.20
	30-39	76	6.49	0.572	1.00	1.00	3.25	5.00	9.75	15.00	20.00
	40-49	30	10.83	1.438	1.00	2.10	4.75	10.00	17.75	24.50	27.25
	50-59	20	8.55	1.055	1.05	2.20	5.00	7.50	11.50	15.00	19.75
	60-69	7	11.57	3.228	2.00	2.00	3.00	12.00	20.00	25.00	25.00
Both U.S.S.R. LRC's	20-29	117	6.86	0.431	1.00	2.00	3.00	5.00	10.00	15.00	15.50
	30-39	171	6.52	0.391	1.00	1.20	3.00	5.00	10.00	14.80	20.00
	40-49	101	9.52	0.675	1.10	2.20	4.00	7.00	15.00	20.00	20.00
	50-59	64	9.78	0.779	1.00	2.00	5.00	10.00	12.00	20.00	23.75
	60-69	35	12.54	1.330	2.00	2.60	5.00	12.00	20.00	25.00	25.00

TABLE 12

Smokers

Number of Cigarettes Smoked Per Day
Mean, Standard Error, and Percentiles,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	200	9.69	0.640	0.00	0.00	0.00	10.00	20.00	20.00	25.00
	30-39	205	11.45	0.684	0.00	0.00	0.00	12.00	20.00	20.00	21.40
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	121	7.38	0.783	0.00	0.00	0.00	2.00	15.00	20.00	20.00
Moscow	20-29	158	14.78	0.612	2.00	3.00	10.00	15.00	20.00	20.00	30.00
	30-39	158	15.27	0.651	0.00	2.00	10.00	20.00	20.00	20.00	30.00
	40-49	139	14.50	0.835	0.00	0.00	7.00	15.00	20.00	25.00	30.00
	50-59	136	14.37	0.812	0.00	0.00	6.25	18.50	20.00	20.00	30.00
	60-69	63	13.32	1.193	0.00	0.00	5.00	15.00	20.00	20.00	25.00
Both U.S.S.R. LRC's	20-29	358	11.94	0.467	0.00	0.00	3.00	10.00	20.00	20.00	25.00
	30-39	363	13.11	0.489	0.00	0.00	5.00	15.00	20.00	20.00	25.00
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	184	9.41	0.688	0.00	0.00	0.00	10.00	20.00	20.00	23.75
Females											
Leningrad	20-29	81	6.80	0.564	1.00	1.20	3.00	5.00	10.00	15.00	19.50
	30-39	95	5.88	0.495	0.00	1.00	2.00	5.00	10.00	11.60	15.40
	40-49	71	6.73	0.825	0.00	0.00	0.00	5.00	10.00	20.00	20.00
	50-59	44	6.00	1.109	0.00	0.00	0.00	3.00	10.00	20.00	20.00
	60-69	28	4.79	1.461	0.00	0.00	0.00	0.00	8.75	20.00	20.00
Moscow	20-29	36	6.17	0.659	1.00	1.70	3.00	5.00	10.00	10.00	13.20
	30-39	74	6.66	0.573	1.00	1.50	4.00	5.00	10.00	15.00	20.00
	40-49	28	10.04	1.502	0.00	0.90	3.50	9.00	15.75	20.50	27.75
	50-59	18	7.56	1.178	0.00	0.90	4.00	7.00	10.00	15.50	20.00
	60-69	4	6.00	2.273	2.00	2.00	2.25	5.00	10.75	12.00	12.00
Both U.S.S.R. LRC's	20-29	117	6.61	0.439	1.00	1.80	3.00	5.00	10.00	15.00	15.50
	30-39	169	6.22	0.375	0.50	1.00	3.00	5.00	10.00	14.00	18.50
	40-49	99	7.67	0.740	0.00	0.00	0.00	5.00	12.00	20.00	20.00
	50-59	62	6.45	0.858	0.00	0.00	0.00	5.00	10.00	20.00	20.00
	60-69	32	4.94	1.301	0.00	0.00	0.00	0.00	9.25	20.00	20.00

TABLE 13

Smokers

Number of Paparosas Smoked Per Day
Mean, Standard Error, and Percentiles,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	200	5.46	0.625	0.00	0.00	0.00	0.00	11.50	20.00	25.00
	30-39	205	5.91	0.687	0.00	0.00	0.00	0.00	13.00	25.00	25.00
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	121	7.45	0.850	0.00	0.00	0.00	0.00	15.50	24.80	25.00
Moscow	20-29	118	1.42	0.509	0.00	0.00	0.00	0.00	0.00	0.00	20.00
	30-39	150	1.45	0.436	0.00	0.00	0.00	0.00	0.00	0.00	13.35
	40-49	108	3.87	0.812	0.00	0.00	0.00	0.00	0.00	20.50	25.00
	50-59	116	4.47	0.854	0.00	0.00	0.00	0.00	0.00	20.00	25.75
	60-69	49	5.53	1.626	0.00	0.00	0.00	0.00	5.50	25.00	32.50
Both U.S.S.R.											
LRC's	20-29	318	3.96	0.449	0.00	0.00	0.00	0.00	0.00	17.10	25.00
	30-39	355	4.03	0.452	0.00	0.00	0.00	0.00	0.00	20.00	25.00
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	170	6.90	0.766	0.00	0.00	0.00	0.00	12.00	25.00	25.00
Females											
Leningrad	20-29	81	0.37	0.214	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	30-39	95	0.66	0.357	0.00	0.00	0.00	0.00	0.00	0.00	4.00
	40-49	71	2.24	0.548	0.00	0.00	0.00	0.00	4.00	7.00	12.40
	50-59	44	4.57	1.017	0.00	0.00	0.00	0.00	10.00	13.50	22.50
	60-69	28	8.00	1.702	0.00	0.00	0.00	4.50	12.00	25.00	25.00
Moscow	20-29	6	0.00	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	30-39	30	0.00	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	40-49	11	4.00	2.370	0.00	0.00	0.00	0.00	4.00	22.40	25.00
	50-59	9	3.89	2.031	0.00	0.00	0.00	0.00	10.00	15.00	15.00
	60-69	4	14.25	5.452	0.00	0.00	3.00	16.00	23.75	25.00	25.00
Both U.S.S.R.											
LRC's	20-29	87	0.34	0.199	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	30-39	125	0.50	0.272	0.00	0.00	0.00	0.00	0.00	0.00	1.40
	40-49	82	2.48	0.568	0.00	0.00	0.00	0.00	4.00	9.10	12.85
	50-59	53	4.45	0.905	0.00	0.00	0.00	0.00	10.00	13.80	18.00
	60-69	32	8.78	1.645	0.00	0.00	0.00	6.50	14.25	25.00	25.00

TABLE 14

Ethanol

Amount of Ethanol Consumed (g/day) During Past Year
Mean, Standard Error, and Percentiles,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	312	14.21	1.570	0.00	0.00	0.00	7.34	17.39	35.66	52.44
	30-39	307	15.79	1.290	0.00	0.00	1.14	9.07	19.05	38.87	57.72
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	277	10.48	1.164	0.00	0.00	0.00	4.53	13.79	27.21	36.71
Moscow	20-29	250	13.29	1.581	0.00	0.00	0.00	5.77	14.77	30.20	46.41
	30-39	238	17.25	1.574	0.00	0.00	0.85	9.07	20.35	45.34	76.04
	40-49	244	11.96	1.133	0.00	0.00	0.00	6.80	16.45	27.60	43.57
	50-59	248	11.05	1.497	0.00	0.00	0.00	4.16	12.81	30.93	47.43
	60-69	234	6.30	0.924	0.00	0.00	0.00	0.00	7.75	18.54	27.21
Both U.S.S.R.											
LRC's	20-29	562	13.80	1.119	0.00	0.00	0.00	6.64	16.71	33.69	50.02
	30-39	545	16.43	1.000	0.00	0.00	1.14	9.07	20.10	40.78	62.64
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	511	8.57	0.765	0.00	0.00	0.00	2.27	11.34	23.45	32.50
Females											
Leningrad	20-29	269	2.28	0.289	0.00	0.00	0.00	0.00	2.72	6.80	10.36
	30-39	412	1.99	0.192	0.00	0.00	0.00	0.00	2.66	6.33	7.87
	40-49	605	1.75	0.336	0.00	0.00	0.00	0.00	1.89	4.53	7.26
	50-59	549	1.09	0.112	0.00	0.00	0.00	0.00	1.11	3.81	5.67
	60-69	337	0.64	0.095	0.00	0.00	0.00	0.00	0.00	2.27	4.04
Moscow	0-29	184	1.48	0.403	0.00	0.00	0.00	0.00	1.33	3.80	5.97
	30-39	294	1.51	0.248	0.00	0.00	0.00	0.00	1.99	4.53	6.80
	40-49	254	0.96	0.140	0.00	0.00	0.00	0.00	1.28	3.22	4.53
	50-59	265	0.49	0.090	0.00	0.00	0.00	0.00	0.00	2.27	3.04
	60-69	202	0.25	0.074	0.00	0.00	0.00	0.00	0.00	0.00	2.21
Both U.S.S.R.											
LRC's	20-29	453	1.95	0.237	0.00	0.00	0.00	0.00	2.27	4.72	9.07
	30-39	706	1.79	0.152	0.00	0.00	0.00	0.00	2.27	5.44	7.23
	40-49	859	1.52	0.241	0.00	0.00	0.00	0.00	1.45	4.53	6.80
	50-59	814	0.89	0.082	0.00	0.00	0.00	0.00	0.66	2.72	5.04
	60-69	539	0.50	0.066	0.00	0.00	0.00	0.00	0.00	2.27	2.72

TABLE 15

Frequency of Medication Use for High Plasma Lipids

By Sex, Clinic, and Age

LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	Non-user		User		Unknown	
		No.	%	No.	%	No.	%
Males							
Leningrad	20-29	315	99.7	1	0.3	0	-
	30-39	315	100.0	0	-	0	-
	40-49	0	-	0	-	0	-
	50-59	0	-	0	-	0	-
	60-69	274	98.6	3	1.1	1	0.4
Moscow	20-29	250	100.0	0	-	0	-
	30-39	237	99.6	0	-	1	0.4
	40-49	244	100.0	0	-	0	-
	50-59	248	100.0	0	-	0	-
	60-69	233	99.6	1	0.4	0	-
Females							
Leningrad	20-29	275	99.6	1	0.4	0	-
	30-39	422	100.0	0	-	0	-
	40-49	611	99.7	2	0.3	0	-
	50-59	560	99.6	1	0.2	1	0.2
	60-69	334	98.2	6	1.8	0	-
Moscow	20-29	184	100.0	0	-	0	-
	30-39	290	98.6	4	1.4	0	-
	40-49	252	99.2	2	0.8	0	-
	50-59	263	99.2	2	0.8	0	-
	60-69	200	99.0	2	1.0	0	-

TABLE 16

Frequency of Medication Use for High Blood Pressure By Sex, Clinic, and Age LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	Non-user		User		Unknown	
		No.	%	No.	%	No.	%
Males							
Leningrad	20-29	313	99.1	3	0.9	0	-
	30-39	309	98.1	6	1.9	0	-
	40-49	0	-	0	-	0	-
	50-59	0	-	0	-	0	-
	60-69	252	90.6	24	8.6	2	0.7
Moscow	20-29	247	98.8	3	1.2	0	-
	30-39	234	98.3	4	1.7	0	-
	40-49	239	98.0	5	2.0	0	-
	50-59	236	95.2	12	4.8	0	-
	60-69	210	89.7	24	10.3	0	-
Females							
Leningrad	20-29	269	97.5	7	2.5	0	-
	30-39	400	94.8	22	5.2	0	-
	40-49	541	88.3	72	11.7	0	-
	50-59	423	75.3	136	24.2	3	0.5
	60-69	241	70.9	99	29.1	0	-
Moscow	20-29	183	99.5	1	0.5	0	-
	30-39	288	98.0	6	2.0	0	-
	40-49	246	96.9	8	3.1	0	-
	50-59	226	85.3	38	14.3	1	0.4
	60-69	164	81.2	38	18.8	0	-

TABLE 17

Frequency of Oral Contraceptive Use By Clinic and Age LRC Program, U.S.S.R. Second Prevalence Study

Clinic	Age	Oral Contraceptive Use					
		Non-user		User		Unknown	
		No.	%	No.	%	No.	%
Leningrad	20-29	267	96.7	9	3.3	0	-
	30-39	404	95.7	18	4.3	0	-
	40-49	594	96.9	18	2.9	1	0.2
	50-59	547	97.5	12	2.1	2	0.4
	60-69	339	99.7	1	0.3	0	-
Moscow	20-29	164	89.1	20	10.9	0	-
	30-39	266	90.5	28	9.5	0	-
	40-49	228	89.8	26	10.2	0	-
	50-59	241	90.9	22	8.3	2	0.8
	60-69	196	97.0	6	3.0	0	-
Both U.S.S.R. LRC's	20-29	431	93.7	29	6.3	0	-
	30-39	670	93.6	46	6.4	0	-
	40-49	822	94.8	44	5.1	1	0.1
	50-59	788	95.4	34	4.1	4	0.5
	60-69	535	98.7	7	1.3	0	-

IV. Plasma Lipid Data

Cholesterol

HDL Cholesterol

Plasma LDL Cholesterol

Plasma Triglycerides

TABLE 18

Plasma Total Cholesterol
Mean, Standard Error, and Percentiles,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	307	190.3	2.2	139	151	166	186	210	234	256
	30-39	308	210.2	2.2	151	165	184	207	231	259	278
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	275	218.8	2.4	160	168	190	215	246	271	291
Moscow	20-29	227	178.4	2.2	127	135	158	179	197	222	237
	30-39	217	192.2	2.2	142	148	169	193	212	234	250
	40-49	214	208.0	2.8	148	158	182	204	233	263	278
	50-59	220	208.4	2.5	154	163	182	207	231	252	272
	60-69	219	209.6	2.7	154	161	180	208	231	259	291
Both U.S.S.R. LRC's	20-29	534	185.2	1.6	132	145	162	182	205	229	252
	30-39	525	202.8	1.6	145	157	178	199	226	250	263
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	494	214.7	1.8	157	166	185	212	239	265	291
Females											
Leningrad	20-29	266	180.7	2.0	137	146	161	177	196	217	233
	30-39	410	192.0	1.5	142	153	171	190	212	233	248
	40-49	597	207.2	1.6	153	162	182	203	230	253	274
	50-59	553	237.8	1.7	173	188	212	238	263	288	307
	60-69	329	239.6	2.3	176	192	212	236	264	297	309
Moscow	20-29	170	170.3	2.6	126	132	149	167	187	208	237
	30-39	267	189.7	2.2	139	148	164	189	210	234	254
	40-49	232	211.2	2.4	156	166	185	210	236	255	277
	50-59	232	223.1	2.8	161	173	193	220	251	277	298
	60-69	187	233.5	3.3	165	178	201	231	259	292	311
Both U.S.S.R. LRC's	20-29	436	176.7	1.6	131	139	155	173	194	213	233
	30-39	677	191.1	1.3	141	150	168	190	212	233	252
	40-49	829	208.3	1.3	153	163	183	205	231	254	275
	50-59	785	233.5	1.5	168	182	205	232	259	285	305
	60-69	516	237.4	1.9	171	184	206	235	262	296	310

TABLE 19

Prevalence of Hypercholesterolemia By Sex, Age, and Clinic LRC Program, U.S.S.R. Second Prevalence Study

Sex	Age	Normal (≤ 200 mg/dL)				Borderline (200-239 mg/dL)				High (≥ 240 mg/dL)			
		Leningrad		Moscow		Leningrad		Moscow		Leningrad		Moscow	
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Males	20-29	209	66.1	197	80.4	81	25.6	38	15.5	26	8.2	10	4.1
	30-39	144	45.9	142	61.2	110	35.0	72	31.0	60	19.1	18	7.8
	40-49	0	-	121	51.7	0	-	67	28.6	0	-	46	19.7
	50-59	0	-	107	45.1	0	-	91	38.4	0	-	39	16.5
	60-69	99	35.6	101	44.3	99	35.6	84	36.8	80	28.8	43	18.9
Females													
Non-users	20-29	211	79.9	132	85.2	45	17.0	15	9.7	8	3.0	8	5.2
	30-39	256	63.4	166	65.4	119	29.5	69	27.2	29	7.2	19	7.5
	40-49	281	47.7	90	41.3	209	35.5	86	39.4	99	16.8	42	19.3
	50-59	97	17.8	76	34.4	186	34.1	71	32.1	262	48.1	74	33.5
	60-69	60	17.8	45	24.2	128	38.0	68	36.6	149	44.2	73	39.2
Females													
Users	20-29	7	77.8	19	95.0	2	22.2	1	5.0	0	-	0	-
	30-39	14	77.8	19	67.9	4	22.2	7	25.0	0	-	2	7.1
	40-49	7	38.9	12	50.0	7	38.9	9	37.5	4	22.2	3	12.5
	50-59	1	8.3	9	42.9	7	58.3	7	33.3	4	33.3	5	23.8
	60-69	0	-	3	50.0	0	-	1	16.7	1	100.0	2	33.3

TABLE 20

Plasma HDL Cholesterol

Mean, Standard Error, and Percentiles,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	307	52.9	0.8	36	38	44	51	59	70	77
	30-39	308	54.3	0.9	36	39	44	51	62	73	80
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	275	53.6	0.9	35	37	42	51	62	74	81
Moscow	20-29	227	50.7	1.0	32	36	41	49	57	67	74
	30-39	217	56.6	1.2	35	38	45	53	66	79	93
	40-49	213	49.9	1.1	32	34	39	48	58	66	79
	50-59	220	52.4	1.1	32	35	42	50	61	72	81
	60-69	220	49.7	0.9	32	35	40	48	57	66	75
Both U.S.S.R. LRC's	20-29	534	52.0	0.6	34	37	43	50	58	67	76
	30-39	525	55.3	0.7	35	38	44	52	63	76	83
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	495	51.9	0.6	33	36	41	50	60	71	78
Females											
Leningrad	20-29	266	62.4	0.9	41	46	53	60	71	81	89
	30-39	410	62.4	0.8	40	46	53	61	71	79	87
	40-49	597	58.5	0.6	38	42	48	57	66	76	86
	50-59	553	60.2	0.7	39	42	49	58	69	80	89
	60-69	328	57.6	0.7	39	43	49	57	64	73	80
Moscow	20-29	167	55.3	1.0	33	37	47	56	64	71	76
	30-39	266	55.9	0.8	38	40	47	55	62	75	80
	40-49	231	56.5	0.9	36	39	46	56	64	75	86
	50-59	228	53.4	0.9	35	39	44	51	61	70	76
	60-69	187	51.4	0.9	33	37	43	49	59	68	72
Both U.S.S.R. LRC's	20-29	433	59.7	0.7	37	43	51	59	68	78	83
	30-39	676	59.9	0.6	39	44	50	58	69	78	84
	40-49	828	57.9	0.5	37	41	48	57	65	75	86
	50-59	781	58.2	0.6	37	41	47	56	67	77	87
	60-69	515	55.3	0.6	37	40	47	55	62	71	77

TABLE 21

Estimated Plasma LDL Cholesterol
Mean, Standard Error, and Percentiles,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	307	119.4	1.8	71	80	98	116	141	161	182
	30-39	308	134.7	2.1	80	93	109	132	155	182	196
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	275	141.5	2.3	87	97	115	138	165	192	212
Moscow	20-29	227	110.7	2.0	65	75	90	110	130	149	157
	30-39	217	117.9	2.3	62	72	96	118	140	160	178
	40-49	213	138.3	2.5	83	91	112	138	162	188	201
	50-59	219	132.9	2.5	77	91	110	133	153	182	197
	60-69	218	137.4	2.5	84	94	112	135	163	179	209
Both U.S.S.R.											
LRC's	20-29	534	115.7	1.4	67	79	94	113	134	154	168
	30-39	525	127.8	1.6	69	83	106	127	151	175	189
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	493	139.7	1.7	86	96	114	137	164	184	211
Females											
Leningrad	20-29	266	103.1	1.7	62	72	85	101	116	139	151
	30-39	409	113.9	1.5	69	79	93	112	131	154	166
	40-49	597	130.3	1.4	78	88	106	128	152	175	189
	50-59	553	153.8	1.6	99	107	129	151	175	204	219
	60-69	328	155.9	2.1	99	112	131	151	176	210	224
Moscow	20-29	167	100.8	2.4	59	66	81	98	118	136	155
	30-39	266	118.1	1.9	71	77	97	116	139	159	172
	40-49	231	135.6	2.3	84	94	111	135	157	177	195
	50-59	228	146.0	2.7	85	96	119	145	173	194	211
	60-69	186	155.8	3.0	95	104	125	152	179	210	232
Both U.S.S.R.											
LRC's	20-29	433	102.2	1.4	61	70	84	100	116	138	153
	30-39	675	115.6	1.2	71	79	95	113	135	154	169
	40-49	828	131.8	1.2	79	89	107	130	154	175	190
	50-59	781	151.5	1.4	93	104	125	149	174	200	218
	60-69	514	155.8	1.7	97	108	129	151	178	209	227

TABLE 22

Plasma Triglycerides

Mean, Standard Error, and Percentiles,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	307	89.5	3.7	40	47	59	74	104	138	176
	30-39	308	105.8	4.2	45	55	67	87	117	176	247
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	275	118.4	3.5	55	60	78	103	142	198	231
Moscow	20-29	227	85.0	3.2	33	43	54	73	98	141	173
	30-39	217	88.6	3.7	34	41	55	77	106	139	175
	40-49	214	100.3	3.8	39	45	62	84	126	178	210
	50-59	220	116.7	5.2	45	50	68	95	140	202	269
	60-69	219	112.9	4.8	46	52	68	91	137	199	264
Both U.S.S.R. LRC's	20-29	534	87.6	2.5	38	44	57	74	102	140	175
	30-39	525	98.7	2.9	40	48	62	83	114	155	211
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	494	116.0	2.9	49	57	73	98	140	198	235
Females											
Leningrad	20-29	266	76.1	2.9	41	46	53	66	85	112	143
	30-39	410	80.1	1.8	45	48	58	72	88	129	145
	40-49	597	92.1	1.9	47	53	65	81	107	144	174
	50-59	553	119.1	2.5	58	66	81	104	142	184	229
	60-69	329	130.7	3.2	64	77	92	116	153	198	228
Moscow	20-29	170	71.6	3.3	36	40	50	61	84	102	125
	30-39	267	78.3	2.5	39	42	52	65	90	127	163
	40-49	232	97.2	3.6	43	53	64	84	113	163	196
	50-59	232	117.0	3.7	51	62	78	105	142	191	212
	60-69	187	131.6	4.7	57	71	83	115	167	223	259
Both U.S.S.R. LRC's	20-29	436	74.4	2.2	39	44	52	64	84	109	142
	30-39	677	79.4	1.5	41	46	56	70	89	127	150
	40-49	829	93.5	1.7	46	53	65	81	108	145	180
	50-59	785	118.4	2.1	57	65	80	104	142	184	222
	60-69	516	131.0	2.7	62	76	90	116	155	209	239

V. Blood Pressure Data

Systolic Blood Pressure

Diastolic Blood Pressure

Hypertension

TABLE 23

Random-Zero Systolic Blood Pressure Mean, Standard Error, and Percentiles, By Sex, Clinic, and Age LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	316	120.8	0.8	100	104	112	120	128	137	142
	30-39	315	124.7	0.9	104	107	114	123	133	144	152
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	278	153.6	1.6	118	123	135	148	171	191	206
Moscow	20-29	250	122.5	0.9	103	106	113	121	132	141	146
	30-39	238	123.8	0.9	103	107	114	123	132	143	153
	40-49	242	134.9	1.5	105	109	120	130	146	164	179
	50-59	247	144.6	1.6	108	116	128	142	160	179	187
	60-69	232	151.8	1.8	109	117	134	150	167	186	204
Both U.S.S.R.											
LRC's	20-29	566	121.6	0.6	101	105	112	120	129	139	145
	30-39	553	124.3	0.6	103	107	114	123	132	144	152
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	510	152.8	1.2	113	122	134	149	169	190	204
Females											
Leningrad	20-29	276	112.8	0.8	93	97	104	113	121	129	134
	30-39	422	118.9	0.7	98	102	108	117	127	140	147
	40-49	613	131.6	0.9	103	107	116	128	141	163	175
	50-59	560	153.4	1.2	115	121	132	148	170	195	209
	60-69	339	164.6	1.6	119	127	143	161	183	206	221
Moscow	20-29	184	112.6	0.9	93	96	105	112	120	128	135
	30-39	294	118.1	0.8	99	102	108	116	125	137	144
	40-49	254	129.7	1.3	102	106	115	126	138	159	176
	50-59	265	145.6	1.8	112	114	124	140	163	183	193
	60-69	202	166.4	2.1	125	133	145	160	188	205	220
Both U.S.S.R.											
LRC's	20-29	460	112.7	0.6	93	96	104	112	121	128	134
	30-39	716	118.6	0.5	99	102	108	117	126	139	147
	40-49	867	131.0	0.8	103	107	115	127	141	162	176
	50-59	825	150.9	1.0	113	118	130	146	168	192	207
	60-69	541	165.3	1.3	121	131	143	161	185	205	221

TABLE 24

Standard Systolic Blood Pressure Mean, Standard Error, and Percentiles, By Sex, Clinic, and Age LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	316	123.5	0.8	104	107	114	122	131	140	148
	30-39	315	127.2	0.9	107	109	117	125	135	148	157
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	278	157.1	1.6	119	126	138	152	174	196	208
Moscow	20-29	250	124.5	0.9	104	109	114	123	134	142	148
	30-39	238	125.3	0.9	104	109	116	123	133	145	154
	40-49	244	136.7	1.5	104	112	121	131	150	167	184
	50-59	248	147.1	1.6	112	120	129	143	164	180	191
	60-69	233	153.3	1.8	112	120	135	150	169	189	209
Both U.S.S.R. LRC's	20-29	566	123.9	0.6	104	108	114	122	132	142	148
	30-39	553	126.3	0.6	105	109	117	125	134	147	155
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	511	155.4	1.2	116	123	137	151	171	193	208
Females											
Leningrad	20-29	276	114.4	0.7	95	99	106	114	122	129	139
	30-39	422	121.3	0.7	101	104	111	119	130	142	149
	40-49	613	134.0	1.0	104	108	119	129	145	166	181
	50-59	561	155.4	1.2	115	121	133	152	172	198	210
	60-69	340	165.7	1.6	124	132	144	161	184	204	223
Moscow	20-29	184	113.3	0.9	93	99	105	113	120	129	138
	30-39	294	118.7	0.9	98	102	109	117	125	136	148
	40-49	254	130.8	1.3	104	107	116	127	141	160	178
	50-59	265	145.8	1.8	111	114	124	140	163	185	196
	60-69	202	166.7	2.1	123	133	145	161	186	209	219
Both U.S.S.R. LRC's	20-29	460	113.9	0.6	94	99	106	114	121	129	138
	30-39	716	120.3	0.6	99	104	110	119	128	140	149
	40-49	867	133.1	0.8	104	108	118	128	143	163	179
	50-59	826	152.3	1.0	113	118	130	149	170	193	207
	60-69	542	166.0	1.3	124	133	144	161	185	206	219

TABLE 25

Random-Zero Diastolic Blood Pressure
Mean, Standard Error, and Percentiles,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	316	76.9	0.6	60	64	70	77	83	91	96
	30-39	315	82.4	0.6	67	70	74	82	89	97	102
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	278	87.4	0.8	65	69	79	87	95	104	110
Moscow	20-29	250	75.6	0.8	57	62	68	75	83	91	95
	30-39	238	81.9	0.8	63	67	74	82	89	96	103
	40-49	242	88.2	0.9	67	71	79	87	97	105	114
	50-59	247	89.8	0.9	69	73	81	89	98	106	110
	60-69	232	84.9	1.0	64	69	74	83	93	103	113
Both U.S.S.R. LRC's	20-29	566	76.4	0.5	59	63	69	76	83	91	96
	30-39	553	82.2	0.5	65	68	74	82	89	97	102
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	510	86.2	0.6	65	69	76	86	94	104	110
Females											
Leningrad	20-29	276	72.9	0.6	56	60	67	73	79	86	91
	30-39	422	77.7	0.5	62	64	71	77	84	92	99
	40-49	613	84.0	0.5	67	70	75	82	91	100	106
	50-59	560	89.2	0.6	70	73	80	88	98	107	113
	60-69	339	88.1	0.7	69	72	79	88	96	105	110
Moscow	20-29	184	69.1	0.8	54	56	61	67	78	82	85
	30-39	294	75.7	0.7	59	62	69	74	81	90	97
	40-49	254	82.3	0.8	63	67	72	82	90	99	106
	50-59	265	86.2	0.9	67	69	76	84	95	107	111
	60-69	202	85.7	0.9	66	69	77	84	94	103	110
Both U.S.S.R. LRC's	20-29	460	71.4	0.5	55	59	64	71	78	84	90
	30-39	716	76.9	0.4	61	63	69	76	84	91	98
	40-49	867	83.5	0.4	65	69	75	82	91	99	106
	50-59	825	88.2	0.5	68	72	79	87	97	107	113
	60-69	541	87.2	0.6	67	71	78	87	95	104	110

TABLE 26

Standard Diastolic Blood Pressure
Mean, Standard Error, and Percentiles,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No.	Mean	SE	Percentiles						
					5	10	25	50	75	90	95
Males											
Leningrad	20-29	316	78.2	0.6	61	65	71	78	84	94	98
	30-39	315	83.9	0.6	67	70	76	83	92	98	102
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	278	90.2	0.8	68	74	81	89	97	108	114
Moscow	20-29	250	77.7	0.8	58	63	70	77	85	93	98
	30-39	238	83.0	0.8	63	68	76	83	89	99	104
	40-49	244	89.6	0.9	69	73	81	89	98	106	117
	50-59	248	90.8	0.9	71	75	81	91	99	108	113
	60-69	233	85.6	1.0	65	69	75	83	94	103	116
Both U.S.S.R.											
LRC's	20-29	566	78.0	0.5	59	64	71	78	85	93	98
	30-39	553	83.5	0.5	67	70	76	83	90	98	103
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	511	88.1	0.7	68	70	78	88	96	107	114
Females											
Leningrad	20-29	276	74.5	0.6	59	62	67	74	80	87	93
	30-39	422	79.4	0.5	64	66	71	79	85	93	100
	40-49	613	85.1	0.5	67	72	76	83	93	101	107
	50-59	561	90.9	0.6	71	75	82	89	99	108	113
	60-69	340	89.9	0.7	71	74	81	89	99	107	113
Moscow	20-29	184	69.0	0.8	54	56	61	67	77	82	87
	30-39	294	75.7	0.7	59	63	68	75	81	91	97
	40-49	254	81.7	0.8	64	67	72	81	89	98	105
	50-59	265	86.2	0.9	68	69	76	84	95	106	112
	60-69	202	85.6	0.9	67	69	76	83	94	103	110
Both U.S.S.R.											
LRC's	20-29	460	72.3	0.5	56	59	65	72	79	85	91
	30-39	716	77.9	0.4	62	65	70	77	84	92	99
	40-49	867	84.1	0.4	65	70	75	83	92	100	107
	50-59	826	89.4	0.5	69	73	80	88	98	108	113
	60-69	542	88.3	0.6	69	73	79	87	97	106	113

TABLE 27

Males: Percent of Participants by Diastolic Blood Pressure (DBP) and Systolic Blood Pressure (SBP)^a Categories and Use of Antihypertensive Medication (Med.)

By Age and Clinic
LRC Program, U.S.S.R. Second Prevalence Study

Age	DBP (mmHg)	Leningrad					Moscow				
		SBP (mmHg)			Med. use	Total	SBP (mmHg)			Med. use	Total
		≤140	140-159	≥160			≤140	140-159	≥160		
20-29	≤90	84.49	3.16	0.63	-	88.29	80.00	5.60	0.40	-	86.00
	90-94	3.48	0.95	-	-	4.43	6.00	1.60	-	-	7.60
	≥95	2.53	2.22	1.58	-	6.33	2.00	2.80	0.40	-	5.20
	Med.Use	-	-	-	0.95	0.95	-	-	-	1.20	1.20
	Total	90.51	6.33	2.22	0.95	100.00	88.00	10.00	0.80	1.20	100.00
30-39	≤90	72.38	3.81	-	-	76.19	73.11	4.62	-	-	77.73
	90-94	6.35	2.86	0.32	-	9.52	7.98	1.26	-	-	9.24
	≥95	6.03	4.44	1.90	-	12.38	4.20	5.46	1.68	-	11.34
	Med.Use	-	-	-	1.90	1.90	-	-	-	1.68	1.68
	Total	84.76	11.11	2.22	1.90	100.00	85.29	11.34	1.68	1.68	100.00
40-49	≤90	-	-	-	-	-	52.46	5.33	0.41	-	58.20
	90-94	-	-	-	-	-	5.33	4.51	1.64	-	11.48
	≥95	-	-	-	-	-	7.38	9.84	11.07	-	28.28
	Med.Use	-	-	-	-	-	-	-	-	2.05	2.05
	Total	-	-	-	-	-	65.16	19.67	13.11	2.05	100.00
50-59	≤90	-	-	-	-	-	34.68	11.69	3.63	-	50.00
	90-94	-	-	-	-	-	4.84	6.45	0.40	-	11.69
	≥95	-	-	-	-	-	5.24	9.68	18.55	-	33.47
	Med.Use	-	-	-	-	-	-	-	-	4.84	4.84
	Total	-	-	-	-	-	44.76	27.82	22.58	4.84	100.00
60-69	≤90	30.80	18.48	8.70	-	57.97	30.34	23.08	9.40	-	62.82
	90-94	1.09	5.80	4.71	-	11.59	1.28	4.70	5.13	-	11.11
	≥95	0.72	3.62	17.39	-	21.74	-	4.27	11.54	-	15.81
	Med.Use	-	-	-	8.70	8.70	-	-	-	10.26	10.26
	Total	32.61	27.90	30.80	8.70	100.00	31.62	32.05	26.07	10.26	100.00

^a Random-zero measurements used.

TABLE 28

Females: Percent of Participants by Diastolic Blood Pressure (DBP) and Systolic Blood Pressure (SBP)^a Categories and Use of Antihypertensive Medication (Med.)

By Age and Clinic
LRC Program, U.S.S.R. Second Prevalence Study

Age	DBP (mmHg)	Leningrad					Moscow				
		SBP (mmHg)			Med. use	Total	SBP (mmHg)			Med. use	Total
		≤140	140-159	≥160			≤140	140-159	≥160		
20-29	≤90	89.86	1.09	-	-	90.94	94.57	1.63	-	-	96.20
	90-94	3.62	0.36	-	-	3.99	2.17	-	-	-	2.17
	≥95	1.45	1.09	-	-	2.54	1.09	-	-	-	1.09
	Med.Use	-	-	-	2.54	2.54	-	-	-	0.54	0.54
	Total	94.93	2.54	-	2.54	100.00	97.83	1.63	-	0.54	100.00
30-39	≤90	82.70	2.61	-	-	85.31	84.69	2.38	-	-	87.07
	90-94	2.84	1.42	-	-	4.27	3.06	1.36	-	-	4.42
	≥95	1.18	3.32	0.71	-	5.21	2.38	2.72	1.36	-	6.46
	Med.Use	-	-	-	5.21	5.21	-	-	-	2.04	2.04
	Total	86.73	7.35	0.71	5.21	100.00	90.14	6.46	1.36	2.04	100.00
40-49	≤90	59.22	4.40	0.98	-	64.60	66.14	4.72	1.18	-	72.05
	90-94	5.55	3.26	0.49	-	9.30	6.30	2.76	1.18	-	10.24
	≥95	1.63	5.71	7.01	-	14.36	2.76	5.91	5.91	-	14.57
	Med.Use	-	-	-	11.75	11.75	-	-	-	3.15	3.15
	Total	66.39	13.38	8.48	11.75	100.00	75.20	13.39	8.27	3.15	100.00
50-59	≤90	31.66	10.91	3.76	-	46.33	43.56	10.23	3.03	-	56.82
	90-94	1.79	2.68	5.19	-	9.66	2.27	4.92	2.27	-	9.47
	≥95	1.07	5.37	13.24	-	19.68	1.52	3.03	14.77	-	19.32
	Med.Use	-	-	-	24.33	24.33	-	-	-	14.39	14.39
	Total	34.53	18.96	22.18	24.33	100.00	47.35	18.18	20.08	14.39	100.00
60-69	<90	17.06	15.29	12.94	-	45.29	14.85	21.78	17.82	-	54.46
	90-94	0.29	5.29	5.59	-	11.18	1.49	2.48	6.44	-	10.40
	≥95	-	2.94	11.47	-	14.41	-	0.99	15.35	-	16.34
	Med.Use	-	-	-	29.12	29.12	-	-	-	18.81	18.81
	Total	17.35	23.53	30.00	29.12	100.00	16.34	25.25	39.60	18.81	100.00

^a Random-zero measurements used.

VI. Dietary Data

Energy and
Nutrient
Intake

Food Sources
of Nutrients

TABLE 29

Energy Intake (kcal) Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	2,778	2,969	1,164	92	1,961	2,044	795
	Leningrad	94	2,775	2,972	1,073	59	2,100	2,190	857
	Moscow	65	2,778	2,965	1,292	33	1,845	1,785	596
30-39	Total	173	2,777	2,965	1,152	162	2,049	2,068	713
	Leningrad	86	2,946	3,095	1,293	85	1,973	2,077	677
	Moscow	87	2,701	2,836	985	77	2,092	2,058	754
40-49	Total	-	-	-	-	192	1,827	1,940	733
	Leningrad	0	-	-	-	134	1,780	1,874	769
	Moscow	77	2,699	2,698	839	58	2,065	2,092	622
50-59	Total	-	-	-	-	211	1,554	1,659	731
	Leningrad	0	-	-	-	147	1,538	1,671	797
	Moscow	96	2,426	2,510	838	64	1,586	1,631	554
60-69	Total	145	2,284	2,368	732	105	1,516	1,638	599
	Leningrad	69	2,284	2,304	687	77	1,528	1,647	622
	Moscow	76	2,287	2,427	770	28	1,488	1,615	542

TABLE 30**Energy Intake by Body Weight (kcal/kg) Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	40	42	18	91	32	34	15
	Leningrad	94	41	43	17	58	34	36	17
	Moscow	65	38	40	19	33	28	29	12
30-39	Total	173	38	40	19	161	31	33	13
	Leningrad	86	40	42	22	84	31	33	12
	Moscow	87	36	38	15	77	31	33	15
40-49	Total	-	-	-	-	192	26	28	13
	Leningrad	0	-	-	-	134	25	27	13
	Moscow	77	37	36	12	58	27	29	11
50-59	Total	-	-	-	-	209	21	23	13
	Leningrad	0	-	-	-	147	21	24	14
	Moscow	96	29	33	13	62	20	22	9
60-69	Total	145	29	31	11	105	21	23	10
	Leningrad	69	29	30	10	77	20	23	10
	Moscow	76	29	32	11	28	21	23	8

TABLE 31

Protein Intake (g) Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	97	104	47	92	67	69	27
	Leningrad	94	99	105	43	59	69	72	28
	Moscow	65	95	103	53	33	63	65	25
30-39	Total	173	101	108	44	162	66	67	27
	Leningrad	86	102	112	50	85	65	66	23
	Moscow	87	99	104	36	77	67	68	30
40-49	Total	-	-	-	-	192	65	67	25
	Leningrad	0	-	-	-	134	62	64	26
	Moscow	77	91	98	38	58	75	72	23
50-59	Total	-	-	-	-	211	52	57	26
	Leningrad	0	-	-	-	147	52	57	29
	Moscow	96	80	87	31	64	51	56	20
60-69	Total	145	82	87	31	105	53	55	23
	Leningrad	69	83	85	28	77	53	56	23
	Moscow	76	81	88	33	28	53	55	24

TABLE 32

Protein Intake as Percent of Energy Per Day
Median, Mean, and Standard Deviation,
By Age, Clinic, and Sex
LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	14	14	3	92	13	14	3
	Leningrad	94	14	14	3	59	13	13	3
	Moscow	65	14	14	4	33	15	14	4
30-39	Total	173	15	15	4	162	13	13	3
	Leningrad	86	15	15	4	85	13	13	3
	Moscow	87	15	15	3	77	13	13	3
40-49	Total	-	-	-	-	192	14	14	4
	Leningrad	0	-	-	-	134	14	14	4
	Moscow	77	15	15	4	58	14	14	3
50-59	Total	-	-	-	-	211	14	14	4
	Leningrad	0	-	-	-	147	14	14	4
	Moscow	96	14	14	4	64	14	14	4
60-69	Total	145	14	15	3	105	14	14	4
	Leningrad	69	14	15	4	77	14	14	4
	Moscow	76	15	15	3	28	13	13	4

TABLE 33**Protein Intake by Body Weight (g/kg) Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	1.36	1.46	0.70	91	1.10	1.14	0.52
	Leningrad	94	1.40	1.51	0.66	58	1.11	1.18	0.54
	Moscow	65	1.28	1.40	0.75	33	0.99	1.06	0.48
30-39	Total	173	1.32	1.46	0.68	161	0.98	1.06	0.48
	Leningrad	86	1.37	1.52	0.80	84	1.00	1.04	0.38
	Moscow	87	1.30	1.40	0.53	77	0.98	1.08	0.57
40-49	Total	-	-	-	-	192	0.88	0.96	0.41
	Leningrad	0	-	-	-	134	0.88	0.94	0.43
	Moscow	77	1.23	1.28	0.45	58	0.91	1.00	0.37
50-59	Total	-	-	-	-	209	0.70	0.80	0.51
	Leningrad	0	-	-	-	147	0.70	0.81	0.56
	Moscow	96	1.04	1.14	0.46	62	0.69	0.76	0.33
60-69	Total	145	1.08	1.14	0.44	105	0.74	0.78	0.34
	Leningrad	69	1.08	1.11	0.40	77	0.75	0.78	0.34
	Moscow	76	1.10	1.16	0.47	28	0.72	0.77	0.35

TABLE 34

Fat Intake (g) Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	124	130	63	92	84	90	36
	Leningrad	94	128	132	55	59	88	95	37
	Moscow	65	116	128	73	33	76	79	32
30-39	Total	173	125	133	66	162	90	92	38
	Leningrad	86	127	136	78	85	94	93	34
	Moscow	87	123	129	53	77	87	90	43
40-49	Total	-	-	-	-	192	79	84	38
	Leningrad	0	-	-	-	134	73	79	35
	Moscow	77	115	120	50	58	90	94	41
50-59	Total	-	-	-	-	211	63	70	38
	Leningrad	0	-	-	-	147	61	69	41
	Moscow	96	99	106	49	64	63	71	31
60-69	Total	145	102	102	42	105	58	66	32
	Leningrad	69	93	95	39	77	58	66	31
	Moscow	76	106	109	43	28	65	68	37

TABLE 35

Fat Intake as Percent of Energy Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	38	39	10	92	41	40	9
	Leningrad	94	39	40	9	59	41	40	9
	Moscow	65	37	38	11	33	41	40	9
30-39	Total	173	41	40	8	162	41	40	9
	Leningrad	86	40	39	8	85	42	41	9
	Moscow	87	41	41	8	77	40	38	9
40-49	Total	-	-	-	-	192	39	39	9
	Leningrad	0	-	-	-	134	38	38	9
	Moscow	77	40	40	11	58	41	39	9
50-59	Total	-	-	-	-	211	38	37	9
	Leningrad	0	-	-	-	147	37	37	10
	Moscow	96	38	37	9	64	39	39	9
60-69	Total	145	39	39	9	105	37	36	10
	Leningrad	69	38	37	10	77	36	36	9
	Moscow	76	40	40	8	28	38	36	12

TABLE 36**Saturated Fatty Acid Intake (g) Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	53	55	29	92	37	39	17
	Leningrad	94	55	57	28	59	40	41	17
	Moscow	65	49	53	31	33	32	35	16
30-39	Total	173	52	56	32	162	37	39	18
	Leningrad	86	56	60	39	85	38	40	16
	Moscow	87	51	53	23	77	35	39	20
40-49	Total	-	-	-	-	192	34	37	18
	Leningrad	0	-	-	-	134	32	36	18
	Moscow	77	47	51	24	58	38	41	18
50-59	Total	-	-	-	-	211	27	31	19
	Leningrad	0	-	-	-	147	28	32	21
	Moscow	96	42	45	22	64	26	30	13
60-69	Total	145	44	45	20	105	26	30	17
	Leningrad	69	44	44	19	77	28	31	17
	Moscow	76	44	46	21	28	23	29	19

TABLE 37**Saturated Fatty Acid Intake as Percent of Energy Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	16	16	5	92	17	17	5
	Leningrad	94	16	17	5	59	17	17	5
	Moscow	65	15	16	5	33	18	18	5
30-39	Total	173	17	17	5	162	17	17	5
	Leningrad	86	17	17	4	85	18	17	5
	Moscow	87	17	17	5	77	16	16	5
40-49	Total	-	-	-	-	192	16	17	5
	Leningrad	0	-	-	-	134	16	17	5
	Moscow	77	17	17	6	58	17	17	4
50-59	Total	-	-	-	-	211	17	17	5
	Leningrad	0	-	-	-	147	17	17	5
	Moscow	96	16	16	4	64	16	16	4
60-69	Total	145	17	17	5	105	16	16	6
	Leningrad	69	17	17	5	77	17	17	6
	Moscow	76	17	17	4	28	14	15	6

TABLE 38**Polyunsaturated Fatty Acid Intake (g) Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	14	17	14	92	10	11	8
	Leningrad	94	14	17	14	59	10	12	8
	Moscow	65	13	17	14	33	8	10	7
30-39	Total	173	13	16	10	162	10	11	7
	Leningrad	86	12	15	10	85	10	11	7
	Moscow	87	15	17	10	77	10	11	7
40-49	Total	-	-	-	-	192	8	10	6
	Leningrad	0	-	-	-	134	8	9	5
	Moscow	77	13	14	9	58	10	11	7
50-59	Total	-	-	-	-	211	6	9	8
	Leningrad	0	-	-	-	147	6	8	7
	Moscow	96	12	14	8	64	8	11	10
60-69	Total	145	10	12	8	105	7	8	5
	Leningrad	69	8	10	6	77	6	7	4
	Moscow	76	12	14	9	28	7	9	7

TABLE 39

Polyunsaturated Fatty Acid Intake as Percent of Energy Per Day

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	4	5	3	92	4	5	3
	Leningrad	94	4	5	3	59	5	5	3
	Moscow	65	4	5	3	33	4	5	3
30-39	Total	173	4	5	2	162	4	5	3
	Leningrad	86	4	4	2	85	4	5	2
	Moscow	87	5	5	2	77	4	5	3
40-49	Total	-	-	-	-	192	4	5	2
	Leningrad	0	-	-	-	134	4	4	3
	Moscow	77	4	5	2	58	4	5	2
50-59	Total	-	-	-	-	211	4	5	3
	Leningrad	0	-	-	-	147	3	4	2
	Moscow	96	4	5	2	64	5	6	5
60-69	Total	145	4	5	2	105	4	4	3
	Leningrad	69	4	4	2	77	3	4	2
	Moscow	76	4	5	3	28	4	5	4

TABLE 40**Monounsaturated Fatty Acid Intake (g) Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	43	47	24	92	28	31	14
	Leningrad	94	44	47	20	59	30	33	15
	Moscow	65	38	46	28	33	26	26	11
30-39	Total	173	44	48	24	162	32	32	14
	Leningrad	86	44	49	28	85	33	33	13
	Moscow	87	45	47	20	77	30	31	15
40-49	Total	-	-	-	-	192	27	30	15
	Leningrad	0	-	-	-	134	27	28	13
	Moscow	77	43	44	19	58	31	34	17
50-59	Total	-	-	-	-	211	21	23	13
	Leningrad	0	-	-	-	147	21	23	14
	Moscow	96	34	37	20	64	21	23	11
60-69	Total	145	35	36	15	105	19	22	11
	Leningrad	69	33	33	14	77	18	22	10
	Moscow	76	37	38	16	28	22	23	13

TABLE 41**Monounsaturated Fatty Acid Intake as Percent of Energy Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	14	14	4	92	13	14	4
	Leningrad	94	14	14	4	59	14	14	4
	Moscow	65	13	14	5	33	13	13	4
30-39	Total	173	14	14	3	162	14	14	4
	Leningrad	86	14	14	4	85	14	14	4
	Moscow	87	15	15	3	77	14	13	4
40-49	Total	-	-	-	-	192	13	14	4
	Leningrad	0	-	-	-	134	13	13	4
	Moscow	77	15	15	4	58	14	14	4
50-59	Total	-	-	-	-	211	13	12	4
	Leningrad	0	-	-	-	147	12	12	4
	Moscow	96	13	13	4	64	13	13	3
60-69	Total	145	13	14	4	105	12	12	4
	Leningrad	69	13	13	4	77	12	12	3
	Moscow	76	13	14	4	28	12	12	5

TABLE 42**Ratio of Polyunsaturated to Saturated Fatty Acid Intake Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	0.26	0.34	0.26	92	0.23	0.34	0.29
	Leningrad	94	0.26	0.33	0.25	59	0.23	0.34	0.30
	Moscow	65	0.26	0.36	0.28	33	0.23	0.33	0.29
30-39	Total	173	0.25	0.31	0.19	162	0.26	0.34	0.28
	Leningrad	86	0.23	0.27	0.16	85	0.25	0.33	0.29
	Moscow	87	0.28	0.35	0.21	77	0.26	0.35	0.27
40-49	Total	-	-	-	-	192	0.24	0.29	0.25
	Leningrad	0	-	-	-	134	0.23	0.30	0.28
	Moscow	77	0.24	0.31	0.20	58	0.26	0.28	0.15
50-59	Total	-	-	-	-	211	0.22	0.33	0.39
	Leningrad	0	-	-	-	147	0.20	0.29	0.34
	Moscow	96	0.27	0.35	0.23	64	0.27	0.42	0.48
60-69	Total	145	0.24	0.32	0.35	105	0.21	0.30	0.28
	Leningrad	69	0.21	0.29	0.43	77	0.19	0.27	0.25
	Moscow	76	0.26	0.35	0.26	28	0.27	0.38	0.34

TABLE 43**Dietary Cholesterol Intake (mg) Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	512	584	362	92	350	405	243
	Leningrad	94	531	604	319	59	380	439	263
	Moscow	65	450	555	417	33	320	345	192
30-39	Total	173	500	589	344	162	329	398	249
	Leningrad	86	497	565	321	85	381	434	259
	Moscow	87	500	612	365	77	321	358	232
40-49	Total	-	-	-	-	192	322	361	191
	Leningrad	0	-	-	-	134	315	351	190
	Moscow	77	460	544	300	58	355	385	194
50-59	Total	-	-	-	-	211	286	317	192
	Leningrad	0	-	-	-	147	281	317	193
	Moscow	96	388	443	293	64	289	317	190
60-69	Total	145	361	422	234	105	246	291	181
	Leningrad	69	359	427	254	77	268	304	192
	Moscow	76	369	418	216	28	225	254	143

TABLE 44**Dietary Cholesterol Intake by Energy Intake (mg/1,000 kcal) Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	171	201	106	92	170	206	120
	Leningrad	94	186	211	99	59	172	211	132
	Moscow	65	155	186	114	33	166	196	97
30-39	Total	173	169	203	111	162	156	194	114
	Leningrad	86	166	183	79	85	170	216	130
	Moscow	87	177	224	134	77	146	169	87
40-49	Total	-	-	-	-	192	164	195	101
	Leningrad	0	-	-	-	134	165	196	100
	Moscow	77	165	209	122	58	156	193	104
50-59	Total	-	-	-	-	211	163	201	115
	Leningrad	0	-	-	-	147	165	198	109
	Moscow	96	144	176	108	64	161	207	127
60-69	Total	145	157	178	89	105	154	180	97
	Leningrad	69	162	183	94	77	156	189	102
	Moscow	76	152	174	84	28	143	153	74

TABLE 45

Keys Diet Score^a Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	57	58	17	92	61	61	18
	Leningrad	94	58	60	16	59	62	61	17
	Moscow	65	54	55	18	33	61	61	19
30-39	Total	173	60	60	15	162	60	59	16
	Leningrad	86	60	60	14	85	64	62	15
	Moscow	87	59	60	16	77	56	56	17
40-49	Total	-	-	-	-	192	60	60	16
	Leningrad	0	-	-	-	134	61	60	17
	Moscow	77	60	61	21	58	59	60	13
50-59	Total	-	-	-	-	211	60	59	17
	Leningrad	0	-	-	-	147	60	61	18
	Moscow	96	55	55	16	64	58	57	17
60-69	Total	145	60	59	16	105	58	58	19
	Leningrad	69	58	60	17	77	61	60	18
	Moscow	76	60	58	15	28	51	53	20

^aKeys score: $1.35 (2S-P) + 1.5 (Z)$, where S = % energy from saturated fatty acids, P = % energy from polyunsaturated fatty acids, and $Z = \sqrt{\text{cholesterol}/1,000 \text{ kcal}}$. From Keys A, Anderson JT, Grande F. Metabolism 14:776-787, 1965.

TABLE 46

Hegsted Diet Score^a Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	65	66	30	92	53	56	22
	Leningrad	94	66	69	27	59	54	59	23
	Moscow	65	63	63	34	33	51	53	21
30-39	Total	173	62	68	28	162	53	55	22
	Leningrad	86	63	67	27	85	57	58	20
	Moscow	87	61	69	28	77	48	51	24
40-49	Total	-	-	-	-	192	52	53	20
	Leningrad	0	-	-	-	134	51	53	21
	Moscow	77	62	66	28	58	54	55	17
50-59	Total	-	-	-	-	211	48	50	21
	Leningrad	0	-	-	-	147	50	51	21
	Moscow	96	53	55	26	64	46	47	20
60-69	Total	145	58	57	22	105	48	48	21
	Leningrad	69	58	58	22	77	49	50	21
	Moscow	76	57	56	22	28	40	42	22

^aHegsted score: $2.16S - 1.65P + 0.0677C - 0.53$, where S = % energy from saturated fatty acids, P = % energy from polyunsaturated fatty acids, and C = dietary cholesterol (mg). From Hegsted DM, et al. Am J Clin Nutr 17:281-294, 1965.

TABLE 47

Carbohydrate Intake (g) Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	311	323	141	92	214	238	131
	Leningrad	94	309	325	142	59	241	259	148
	Moscow	65	311	320	142	33	184	201	82
30-39	Total	173	298	305	120	162	227	238	102
	Leningrad	86	323	321	124	85	212	237	109
	Moscow	87	268	290	115	77	237	239	93
40-49	Total	-	-	-	-	192	208	226	125
	Leningrad	0	-	-	-	134	203	222	141
	Moscow	77	270	272	101	58	227	235	75
50-59	Total	-	-	-	-	211	191	199	101
	Leningrad	0	-	-	-	147	192	203	111
	Moscow	96	263	281	94	64	185	192	75
60-69	Total	145	251	259	90	105	193	205	91
	Leningrad	69	263	259	86	77	193	208	100
	Moscow	76	241	259	95	28	192	196	62

TABLE 48**Carbohydrate Intake as Percent of Energy Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	45	44	10	92	44	46	10
	Leningrad	94	45	44	10	59	44	46	9
	Moscow	65	43	44	11	33	43	45	11
30-39	Total	173	41	42	8	162	46	46	10
	Leningrad	86	42	42	9	85	45	45	10
	Moscow	87	41	41	8	77	46	47	9
40-49	Total	-	-	-	-	192	46	46	10
	Leningrad	0	-	-	-	134	46	47	11
	Moscow	77	42	40	11	58	46	46	9
50-59	Total	-	-	-	-	211	48	48	10
	Leningrad	0	-	-	-	147	48	49	10
	Moscow	96	44	46	10	64	47	47	9
60-69	Total	145	44	44	10	105	50	50	11
	Leningrad	69	45	45	10	77	50	51	10
	Moscow	76	44	43	10	28	49	50	12

TABLE 49

Sucrose Intake (g) Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	80	89	57	92	59	65	36
	Leningrad	94	89	94	56	59	64	72	37
	Moscow	65	72	83	58	33	47	54	32
30-39	Total	173	78	86	53	162	67	80	60
	Leningrad	86	85	93	56	85	64	77	69
	Moscow	87	73	79	50	77	74	83	49
40-49	Total	-	-	-	-	192	63	79	93
	Leningrad	0	-	-	-	134	61	79	108
	Moscow	77	70	75	40	58	76	81	40
50-59	Total	-	-	-	-	211	48	64	72
	Leningrad	0	-	-	-	147	48	65	82
	Moscow	96	70	85	57	64	49	61	40
60-69	Total	145	61	71	46	105	54	63	70
	Leningrad	69	68	81	51	77	53	65	79
	Moscow	76	53	61	39	28	60	56	34

TABLE 50

Sucrose Intake as Percent of Energy Per Day

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	11	12	7	92	12	13	6
	Leningrad	94	12	13	7	59	13	14	6
	Moscow	65	10	12	8	33	11	13	7
30-39	Total	173	11	12	6	162	15	15	9
	Leningrad	86	11	12	6	85	14	14	9
	Moscow	87	11	11	6	77	16	16	9
40-49	Total	-	-	-	-	192	15	16	10
	Leningrad	0	-	-	-	134	14	16	11
	Moscow	77	10	12	7	58	15	16	7
50-59	Total	-	-	-	-	211	13	15	8
	Leningrad	0	-	-	-	147	13	15	9
	Moscow	96	12	14	9	64	14	15	7
60-69	Total	145	12	12	6	105	14	14	10
	Leningrad	69	13	14	6	77	14	14	10
	Moscow	76	9	10	6	28	13	14	8

TABLE 51

Starch Intake (g) Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	165	187	98	92	113	131	112
	Leningrad	94	172	190	102	59	131	148	132
	Moscow	65	162	181	92	33	95	100	48
30-39	Total	173	172	180	82	162	111	118	58
	Leningrad	86	190	187	85	85	111	119	60
	Moscow	87	162	173	79	77	112	118	57
40-49	Total	-	-	-	-	192	101	110	67
	Leningrad	0	-	-	-	134	100	109	76
	Moscow	77	146	156	77	58	105	112	42
50-59	Total	-	-	-	-	211	96	105	51
	Leningrad	0	-	-	-	147	99	108	53
	Moscow	96	152	159	62	64	87	99	47
60-69	Total	145	141	149	61	105	103	105	44
	Leningrad	69	149	150	57	77	103	107	47
	Moscow	76	129	148	65	28	93	101	32

TABLE 52**Starch Intake as Percent of Energy Per Day**

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	24	25	8	92	24	24	9
	Leningrad	94	24	25	8	59	24	25	10
	Moscow	65	24	25	7	33	22	23	8
30-39	Total	173	24	24	7	162	22	23	8
	Leningrad	86	24	24	7	85	23	23	8
	Moscow	87	24	24	7	77	21	23	8
40-49	Total	-	-	-	-	192	22	23	8
	Leningrad	0	-	-	-	134	23	23	9
	Moscow	77	23	23	9	58	21	22	7
50-59	Total	-	-	-	-	211	26	26	9
	Leningrad	0	-	-	-	147	27	26	9
	Moscow	96	25	26	8	64	24	24	8
60-69	Total	145	24	26	8	105	27	27	9
	Leningrad	69	27	27	8	77	27	27	9
	Moscow	76	23	25	8	28	28	27	8

TABLE 53

Other Carbohydrate Intake (g) Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	37	48	42	92	30	42	36
	Leningrad	94	34	41	36	59	33	40	30
	Moscow	65	41	57	49	33	28	47	44
30-39	Total	173	31	40	33	162	34	40	30
	Leningrad	86	30	41	36	85	30	42	34
	Moscow	87	33	39	31	77	37	39	25
40-49	Total	-	-	-	-	192	28	37	31
	Leningrad	0	-	-	-	134	26	35	29
	Moscow	77	31	41	31	58	33	42	34
50-59	Total	-	-	-	-	211	23	30	25
	Leningrad	0	-	-	-	147	22	30	25
	Moscow	96	24	38	38	64	24	32	25
60-69	Total	145	32	39	31	105	28	36	27
	Leningrad	69	21	28	20	77	25	36	27
	Moscow	76	41	50	35	28	30	38	26

TABLE 54

Other Carbohydrate Intake as Percent of Energy Per Day

Median, Mean, and Standard Deviation,

By Age, Clinic, and Sex

LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	5	7	5	92	6	8	7
	Leningrad	94	5	6	4	59	6	7	5
	Moscow	65	6	8	7	33	6	10	10
30-39	Total	173	4	5	4	162	7	8	6
	Leningrad	86	4	5	4	85	7	8	6
	Moscow	87	4	6	4	77	7	8	5
40-49	Total	-	-	-	-	192	6	8	6
	Leningrad	0	-	-	-	134	7	8	6
	Moscow	77	5	6	4	58	6	8	6
50-59	Total	-	-	-	-	211	6	8	6
	Leningrad	0	-	-	-	147	6	7	6
	Moscow	96	5	6	5	64	6	8	6
60-69	Total	145	6	7	5	105	7	9	7
	Leningrad	69	4	5	4	77	7	9	7
	Moscow	76	7	8	5	28	8	10	7

TABLE 55

Ethanol Intake (g) Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	0	13	33	92	0	1	6
	Leningrad	94	0	10	27	59	0	2	6
	Moscow	65	0	17	41	33	0	1	7
30-39	Total	173	0	17	36	162	0	3	11
	Leningrad	86	0	20	44	85	0	3	11
	Moscow	87	0	14	27	77	0	3	11
40-49	Total	-	-	-	-	192	0	2	9
	Leningrad	0	-	-	-	134	0	2	8
	Moscow	77	0	19	40	58	0	2	11
50-59	Total	-	-	-	-	211	0	1	4
	Leningrad	0	-	-	-	147	0	1	5
	Moscow	96	0	13	30	64	0	0	2
60-69	Total	145	0	9	26	105	0	0	1
	Leningrad	69	0	10	25	77	0	0	0
	Moscow	76	0	8	28	28	0	0	2

TABLE 56

Ethanol Intake as Percent of Energy Per Day
 Median, Mean, and Standard Deviation,
 By Age, Clinic, and Sex
 LRC Program, U.S.S.R. Second Prevalence Study

Age	Clinic	Males				Females			
		No.	Median	Mean	SD	No.	Median	Mean	SD
20-29	Total	159	0	3	7	92	0	0	2
	Leningrad	94	0	2	5	59	0	0	2
	Moscow	65	0	4	9	33	0	0	3
30-39	Total	173	0	4	8	162	0	1	6
	Leningrad	86	0	4	9	85	0	1	3
	Moscow	87	0	3	6	77	0	2	8
40-49	Total	-	-	-	-	192	0	1	3
	Leningrad	0	-	-	-	134	0	1	2
	Moscow	77	0	5	9	58	0	1	4
50-59	Total	-	-	-	-	211	0	0	1
	Leningrad	0	-	-	-	147	0	0	2
	Moscow	96	0	3	7	64	0	0	1
60-69	Total	145	0	3	7	105	0	0	0
	Leningrad	69	0	3	7	77	0	0	0
	Moscow	76	0	2	6	28	0	0	1

TABLE 57

Percent of Energy (kcal/day)
From Selected Food Groups & Percent of Users
Mean and Standard Deviation,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No. ^a	Meat			Processed Meat			Poultry		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	12.0	7.3	89.4	10.5	8.4	53.2	4.7	3.4	14.9
	30-39	86	13.0	9.8	93.0	11.5	8.5	53.5	3.8	1.7	15.1
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	12.8	7.9	79.7	11.1	9.9	50.7	5.9	4.1	20.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	14.4	10.1	83.1	9.3	6.9	58.5	5.4	4.1	15.4
	30-39	87	14.9	8.3	89.7	8.8	5.0	58.6	4.3	3.1	13.8
	40-49	77	14.0	7.7	85.7	11.0	6.7	61.0	8.3	4.3	14.3
	50-59	96	12.8	7.4	84.4	11.3	8.4	44.8	5.2	3.3	17.7
	60-69	76	13.4	7.8	81.6	10.3	8.0	55.3	6.5	4.8	19.7
	Total	401	13.9	8.2	85.0	10.1	7.0	55.1	5.9	4.0	16.2
Total	20-29	159	12.9	8.6	86.8	10.0	7.7	55.3	5.0	3.6	15.1
	30-39	173	13.9	9.1	91.3	10.1	7.0	56.1	4.0	2.4	14.5
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	13.1	7.8	80.7	10.7	8.9	53.1	6.2	4.4	20.0
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	13.3	10.1	76.3	9.6	6.9	44.1	2.7	1.1	15.3
	30-39	85	12.0	7.5	77.6	12.5	8.3	50.6	4.9	3.3	10.6
	40-49	134	11.8	7.1	73.9	13.6	10.0	43.3	6.2	5.8	15.7
	50-59	147	11.5	6.9	65.3	10.3	7.5	40.1	4.5	2.4	15.6
	60-69	77	12.5	7.8	61.0	10.2	4.9	24.7	5.7	3.0	18.2
	Total	502	12.1	7.6	70.3	11.6	8.3	40.8	5.0	3.8	15.1
Moscow	20-29	33	15.3	6.1	63.6	9.8	9.9	39.4	11.4	13.1	12.1
	30-39	77	12.8	7.2	72.7	9.8	6.6	44.2	6.4	3.6	14.3
	40-49	58	11.8	8.9	87.9	9.4	5.8	43.1	5.0	4.0	19.0
	50-59	64	10.6	7.0	62.5	11.6	7.1	40.6	7.2	3.0	9.4
	60-69	28	15.0	9.1	46.4	13.8	9.5	39.3	5.0	2.0	17.9
	Total	260	12.5	7.8	69.6	10.5	7.3	41.9	6.5	5.3	14.2
Total	20-29	92	13.9	9.0	71.7	9.7	7.9	42.4	5.3	7.8	14.1
	30-39	162	12.4	7.3	75.3	11.3	7.6	47.5	5.7	3.5	12.3
	40-49	192	11.8	7.7	78.1	12.3	9.1	43.2	5.8	5.2	16.7
	50-59	211	11.2	6.9	64.5	10.7	7.4	40.3	5.1	2.7	13.7
	60-69	105	13.1	8.1	57.1	11.5	7.0	28.6	5.5	2.7	18.1
	Total	762	12.2	7.7	70.1	11.2	8.0	41.2	5.5	4.4	14.8

^aNo. is for the total sample; mean is calculated for users.

TABLE 57 (Continued)

Percent of Energy (kcal/day)
From Selected Food Groups & Percent of Users

Sex/clinic	Age	No. ^a	Fish/Shellfish			Meat/Fish/Poultry/Rec. ^b			Eggs		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	5.2	3.8	26.6	4.0	1.4	11.7	4.3	3.7	54.3
	30-39	86	5.0	5.1	30.2	6.0	3.6	12.8	3.0	2.5	37.2
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	4.8	3.5	36.2	7.4	4.1	7.2	3.7	2.8	33.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	4.8	6.5	24.6	19.8	0.0	1.5	5.2	3.2	29.2
	30-39	87	4.2	4.3	39.1	9.7	3.8	2.3	5.3	5.0	47.1
	40-49	77	3.6	2.4	32.5	3.2	0.0	1.3	4.4	4.2	45.5
	50-59	96	4.7	2.3	32.3	-	-	-	4.4	4.1	32.3
	60-69	76	6.6	6.0	23.7	8.5	3.0	3.9	3.7	3.0	36.8
	Total	401	4.6	4.3	30.9	9.7	5.5	1.7	4.6	4.1	38.4
Total	20-29	159	5.1	5.0	25.8	5.3	4.7	7.5	4.5	3.6	44.0
	30-39	173	4.5	4.6	34.7	6.6	3.7	7.5	4.3	4.3	42.2
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	5.5	4.7	29.7	7.8	3.5	5.5	3.7	2.9	35.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	6.1	5.2	30.5	4.6	2.5	10.2	5.1	4.9	44.1
	30-39	85	4.3	3.0	30.6	6.3	2.6	9.4	5.3	4.4	42.4
	40-49	134	6.4	4.4	25.4	4.9	1.3	6.0	4.1	3.1	40.3
	50-59	147	5.8	3.4	33.3	10.0	7.0	2.7	5.4	3.4	32.0
	60-69	77	6.3	4.3	20.8	4.9	1.8	3.9	4.2	3.3	29.9
	Total	502	5.8	4.0	28.5	5.9	3.4	5.8	4.8	3.8	37.1
Moscow	20-29	33	5.2	3.0	24.2	-	-	-	4.9	3.0	39.4
	30-39	77	6.2	4.5	28.6	5.3	0.1	3.9	3.2	3.2	36.4
	40-49	58	6.2	3.5	25.9	7.6	3.8	5.2	3.8	3.5	44.8
	50-59	64	7.4	3.7	35.9	4.0	0.0	1.6	5.7	4.2	39.1
	60-69	28	7.5	1.2	14.3	-	-	-	2.9	2.5	32.1
	Total	260	6.5	3.7	27.7	6.1	2.6	2.7	4.2	3.6	38.8
Total	20-29	92	5.8	4.6	28.3	4.6	2.5	6.5	5.1	4.3	42.4
	30-39	162	5.2	3.8	29.6	6.0	2.2	6.8	4.4	4.0	39.5
	40-49	192	6.3	4.1	25.5	5.7	2.4	5.7	4.0	3.2	41.7
	50-59	211	6.3	3.5	34.1	8.8	6.6	2.4	5.5	3.7	34.1
	60-69	105	6.6	3.9	19.0	4.9	1.8	2.9	3.8	3.1	30.5
	Total	762	6.0	3.9	28.2	5.9	3.3	4.7	4.6	3.7	37.7

^aNo. is for the total sample; mean is calculated for users.

^bRec. = Recipes, mixed dishes containing meat, fish, or poultry.

TABLE 57 (Continued)

**Percent of Energy (kcal/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Milk/Cheese/Yogurt			Dairy Desserts/Creams			Fats/Oils		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	7.9	7.7	79.8	3.7	6.7	42.6	16.4	7.6	98.9
	30-39	86	9.3	9.8	73.3	5.5	5.2	46.5	13.4	7.6	95.3
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	12.4	10.7	68.1	4.1	4.0	49.3	13.1	7.5	94.2
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	9.8	9.6	69.2	4.5	6.1	38.5	14.2	8.1	93.8
	30-39	87	8.0	7.4	73.6	7.1	7.8	52.9	14.8	8.1	96.6
	40-49	77	10.5	14.6	74.0	6.7	12.1	49.4	13.0	6.6	94.8
	50-59	96	8.5	8.3	66.7	6.1	6.6	31.3	14.0	8.1	97.9
	60-69	76	11.7	10.3	78.9	4.0	4.9	51.3	14.7	8.0	100.0
	Total	401	9.7	10.3	72.3	5.8	8.0	44.4	14.1	7.8	96.8
Total	20-29	159	8.6	8.5	75.5	4.0	6.4	40.9	15.5	7.9	96.9
	30-39	173	8.7	8.7	73.4	6.4	6.7	49.7	14.1	7.8	96.0
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	12.0	10.4	73.8	4.1	4.5	50.3	14.0	7.8	97.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	9.4	9.8	78.0	6.2	8.1	50.8	14.9	6.2	100.0
	30-39	85	8.9	7.9	68.2	5.5	5.4	47.1	15.9	7.2	100.0
	40-49	134	13.0	13.1	72.4	5.9	6.6	48.5	13.2	7.3	97.8
	50-59	147	12.6	11.2	72.1	5.5	4.7	38.8	14.2	8.2	93.9
	60-69	77	14.2	10.8	76.6	6.1	7.3	41.6	14.1	8.0	94.8
	Total	502	12.0	11.2	72.9	5.8	6.2	44.6	14.3	7.6	96.8
Moscow	20-29	33	13.7	10.0	81.8	5.8	7.0	60.6	14.4	7.0	97.0
	30-39	77	11.9	8.8	74.0	5.6	6.0	46.8	15.0	6.7	97.4
	40-49	58	12.0	7.9	84.5	5.1	4.5	50.0	12.9	7.3	100.0
	50-59	64	13.2	10.3	82.8	5.9	4.7	43.8	14.0	8.1	98.4
	60-69	28	13.4	12.6	78.6	8.6	8.1	46.4	13.7	8.2	85.7
	Total	260	12.6	9.5	80.0	5.9	5.8	48.5	14.1	7.4	96.9
Total	20-29	92	11.0	10.0	79.3	6.0	7.6	54.3	14.7	6.4	98.9
	30-39	162	10.4	8.4	71.0	5.6	5.7	46.9	15.5	7.0	98.8
	40-49	192	12.7	11.6	76.0	5.6	6.0	49.0	13.1	7.3	98.4
	50-59	211	12.8	10.9	75.4	5.6	4.6	40.3	14.2	8.1	95.3
	60-69	105	14.0	11.2	77.1	6.8	7.5	42.9	14.0	8.0	92.4
	Total	762	12.2	10.6	75.3	5.8	6.1	45.9	14.2	7.5	96.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 57 (Continued)

**Percent of Energy (kcal/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fruits/Vegetables			Breads/Cereals			Nuts/Seeds		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	9.7	7.4	91.5	20.1	9.0	100.0	3.1	2.4	4.3
	30-39	86	8.2	5.2	82.6	19.2	8.2	100.0	4.0	2.2	5.8
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	8.7	7.4	81.2	23.1	9.5	100.0	-	-	-
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	10.2	9.2	81.5	20.9	9.8	98.5	8.0	9.5	7.7
	30-39	87	8.0	6.2	85.1	21.4	7.8	100.0	4.2	4.8	5.7
	40-49	77	5.7	4.7	77.9	21.7	10.7	98.7	3.1	0.0	1.3
	50-59	96	10.0	8.0	80.2	23.3	9.0	100.0	19.4	8.5	2.1
	60-69	76	10.8	7.6	93.4	22.2	9.4	100.0	1.5	0.0	1.3
	Total	401	9.0	7.4	83.5	22.0	9.3	99.5	7.4	8.4	3.5
Total	20-29	159	9.9	8.1	87.4	20.5	9.3	99.4	5.8	7.3	5.7
	30-39	173	8.1	5.7	83.8	20.3	8.0	100.0	4.1	3.5	5.8
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	9.9	7.6	87.6	22.6	9.5	100.0	1.5	0.0	0.7
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	11.5	8.4	91.5	18.3	10.5	98.3	2.9	0.8	3.4
	30-39	85	11.3	8.7	95.3	16.4	8.1	95.3	3.5	1.0	4.7
	40-49	134	11.4	8.6	90.3	17.7	9.0	99.3	3.2	1.6	3.7
	50-59	147	10.7	7.4	80.3	21.0	11.0	98.6	5.2	2.9	2.7
	60-69	77	11.6	8.2	81.8	22.8	10.9	100.0	12.9	0.0	1.3
	Total	502	11.2	8.2	87.1	19.3	10.2	98.4	4.4	2.9	3.2
Moscow	20-29	33	12.5	10.4	90.9	18.1	7.3	97.0	-	-	-
	30-39	77	10.2	6.8	89.6	18.7	7.2	96.1	6.2	3.3	5.2
	40-49	58	8.1	6.0	84.5	19.7	7.4	100.0	6.4	6.6	13.8
	50-59	64	9.3	7.5	78.1	22.6	11.0	100.0	10.4	8.9	3.1
	60-69	28	12.5	8.3	85.7	25.0	11.2	96.4	2.3	0.0	3.6
	Total	260	10.1	7.6	85.4	20.5	9.0	98.1	6.6	5.8	5.8
Total	20-29	92	11.9	9.1	91.3	18.2	9.5	97.8	2.9	0.8	2.2
	30-39	162	10.8	7.8	92.6	17.5	7.7	95.7	4.9	2.7	4.9
	40-49	192	10.4	8.1	88.5	18.3	8.6	99.5	5.1	5.4	6.8
	50-59	211	10.3	7.5	79.6	21.5	11.0	99.1	7.0	5.3	2.8
	60-69	105	11.8	8.2	82.9	23.4	11.0	99.0	7.6	7.5	1.9
	Total	762	10.8	8.0	86.5	19.7	9.8	98.3	5.4	4.6	4.1

^aNo. is for the total sample; mean is calculated for users.

TABLE 57 (Continued)

**Percent of Energy (kcal/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Desserts			Sweets			Alcoholic Beverages		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	11.6	8.3	62.8	11.2	7.1	96.8	15.1	8.4	21.3
	30-39	86	11.3	7.0	67.4	10.6	6.9	97.7	16.2	13.8	33.7
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	11.7	8.6	60.9	11.4	6.2	97.1	14.6	10.1	24.6
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	11.6	8.3	64.6	10.3	7.7	93.8	19.4	11.8	26.2
	30-39	87	10.2	9.8	56.3	9.5	6.0	93.1	14.8	9.9	29.9
	40-49	77	11.5	9.9	54.5	10.1	6.2	90.9	15.6	15.4	40.3
	50-59	96	11.0	10.6	46.9	11.8	8.6	97.9	16.5	10.4	22.9
	60-69	76	8.1	7.8	50.0	8.8	5.6	96.1	13.0	10.3	18.4
	Total	401	10.5	9.4	53.9	10.2	7.0	94.5	15.9	12.1	27.4
Total	20-29	159	11.6	8.2	63.5	10.8	7.3	95.6	17.1	10.2	23.3
	30-39	173	10.8	8.3	61.8	10.1	6.5	95.4	15.6	12.1	31.8
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	10.0	8.4	55.2	10.0	6.0	96.6	13.9	10.1	21.4
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	14.9	9.7	79.7	9.5	5.3	100.0	8.6	5.8	8.5
	30-39	85	16.4	10.6	76.5	10.7	8.4	92.9	8.2	6.0	15.3
	40-49	134	15.0	11.2	74.6	12.2	10.8	97.8	7.7	5.7	9.0
	50-59	147	17.2	13.3	67.3	11.9	9.0	95.2	6.4	3.3	8.2
	60-69	77	17.0	12.6	67.5	12.7	10.9	90.9	-	-	-
	Total	502	16.1	11.7	72.3	11.6	9.4	95.4	7.6	5.1	8.4
Moscow	20-29	33	12.5	11.0	84.8	9.6	7.9	87.9	15.7	0.0	3.0
	30-39	77	13.6	8.9	71.4	13.1	8.7	98.7	18.0	22.0	11.7
	40-49	58	11.3	7.9	74.1	12.8	6.6	100.0	13.0	10.9	8.6
	50-59	64	12.0	11.5	59.4	12.5	7.2	98.4	3.7	1.4	10.9
	60-69	28	11.5	11.1	57.1	12.0	8.1	92.9	3.8	0.0	3.6
	Total	260	12.3	9.8	69.2	12.4	7.7	96.9	11.8	15.5	8.8
Total	20-29	92	14.0	10.2	81.5	9.5	6.3	95.7	9.8	6.0	6.5
	30-39	162	15.1	9.9	74.1	11.9	8.6	95.7	12.2	15.2	13.6
	40-49	192	13.9	10.5	74.5	12.4	9.7	98.4	9.2	7.6	8.9
	50-59	211	15.8	13.0	64.9	12.1	8.5	96.2	5.4	3.0	9.0
	60-69	105	15.7	12.4	64.8	12.5	10.2	91.4	3.8	0.0	1.0
	Total	762	14.9	11.2	71.3	11.9	8.9	95.9	9.1	10.2	8.5

^aNo. is for the total sample; mean is calculated for users.

TABLE 57 (Continued)

**Percent of Energy (kcal/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Snacks			Soups/Sauces/Gravies			Diet Miscellany		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	1.4	1.1	21.3	4.5	4.0	80.9	11.1	7.2	3.2
	30-39	86	1.5	1.0	20.9	5.7	4.6	89.5	23.5	18.8	2.3
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	2.6	3.0	14.5	5.2	3.8	82.6	5.2	0.0	1.4
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	2.3	1.8	26.2	5.0	5.3	76.9	7.1	9.9	9.2
	30-39	87	1.8	0.8	25.3	5.2	4.2	79.3	4.8	4.9	10.3
	40-49	77	1.9	1.6	20.8	6.3	5.0	75.3	11.0	9.4	6.5
	50-59	96	2.0	1.4	33.3	6.6	5.2	80.2	9.5	10.9	9.4
	60-69	76	1.9	1.4	23.7	5.4	3.7	81.6	6.4	6.8	11.8
	Total	401	2.0	1.4	26.2	5.8	4.8	78.8	7.5	8.3	9.5
Total	20-29	159	1.8	1.5	23.3	4.7	4.6	79.2	8.4	8.9	5.7
	30-39	173	1.7	0.9	23.1	5.5	4.4	84.4	8.2	10.6	6.4
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	2.1	2.1	19.3	5.3	3.7	82.1	6.3	6.4	6.9
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	2.2	1.0	22.0	4.0	3.2	78.0	14.3	14.6	6.8
	30-39	85	2.0	2.2	31.8	5.6	3.9	65.9	5.8	5.8	8.2
	40-49	134	1.9	1.0	18.7	5.3	4.5	61.2	8.4	2.0	4.5
	50-59	147	2.5	2.0	23.1	6.4	6.2	74.1	9.0	7.6	9.5
	60-69	77	1.8	0.9	18.2	5.4	3.7	61.0	2.5	1.3	3.9
	Total	502	2.1	1.7	22.5	5.5	4.9	67.7	8.3	7.6	6.8
Moscow	20-29	33	2.0	1.2	27.3	5.2	2.5	75.8	2.6	2.7	9.1
	30-39	77	2.5	1.4	31.2	4.5	4.0	68.8	5.1	2.5	7.8
	40-49	58	1.7	0.7	22.4	6.1	4.6	75.9	6.8	6.5	8.6
	50-59	64	2.8	1.5	18.8	7.0	4.7	67.2	8.0	7.1	6.3
	60-69	28	3.0	1.4	28.6	5.2	3.3	75.0	8.5	7.9	10.7
	Total	260	2.4	1.3	25.4	5.6	4.2	71.5	6.2	5.3	8.1
Total	20-29	92	2.1	1.1	23.9	4.4	3.0	77.2	9.3	12.2	7.6
	30-39	162	2.2	1.9	31.5	5.0	4.0	67.3	5.5	4.4	8.0
	40-49	192	1.8	0.9	19.8	5.6	4.5	65.6	7.7	4.5	5.7
	50-59	211	2.6	1.8	21.8	6.6	5.8	72.0	8.8	7.3	8.5
	60-69	105	2.2	1.2	21.0	5.4	3.6	64.8	5.5	6.0	5.7
	Total	762	2.2	1.5	23.5	5.6	4.6	69.0	7.5	6.9	7.2

^aNo. is for the total sample; mean is calculated for users.

TABLE 58

Percent of Protein (g/day)
From Selected Food Groups & Percent of Users
Mean and Standard Deviation,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No. ^a	Meat			Processed Meat			Poultry		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	35.8	17.2	89.4	13.4	9.4	53.2	16.5	10.6	14.9
	30-39	86	35.9	16.8	93.0	14.0	10.0	53.5	15.1	5.5	15.1
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	35.4	15.4	79.7	13.3	10.8	50.7	18.2	9.3	20.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	37.4	18.7	83.1	12.9	9.6	58.5	20.0	15.2	15.4
	30-39	87	39.2	15.0	89.7	11.5	7.9	58.6	15.1	8.4	13.8
	40-49	77	40.3	17.2	85.7	13.1	7.9	61.0	23.6	11.2	14.3
	50-59	96	35.6	13.6	84.4	13.9	9.7	44.8	22.3	13.1	17.7
	60-69	76	34.8	17.5	81.6	12.5	9.1	55.3	21.1	10.3	19.7
	Total	401	37.5	16.3	85.0	12.7	8.8	55.1	20.6	11.8	16.2
Total	20-29	159	36.4	17.7	86.8	13.2	9.5	55.3	18.0	12.5	15.1
	30-39	173	37.5	16.0	91.3	12.7	9.0	56.1	15.1	6.9	14.5
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	35.1	16.5	80.7	12.9	9.8	53.1	19.7	9.8	20.0
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	32.9	16.9	76.3	13.6	9.4	44.1	13.4	5.1	15.3
	30-39	85	34.5	14.7	77.6	18.4	12.0	50.6	20.6	9.3	10.6
	40-49	134	34.6	15.6	73.9	18.1	14.3	43.3	24.1	9.0	15.7
	50-59	147	33.2	15.6	65.3	14.6	10.1	40.1	20.8	9.7	15.6
	60-69	77	37.1	17.1	61.0	14.0	8.2	24.7	25.7	9.4	18.2
	Total	502	34.3	15.8	70.3	16.2	11.7	40.8	21.7	9.5	15.1
Moscow	20-29	33	42.5	13.9	63.6	13.3	9.6	39.4	30.8	18.7	12.1
	30-39	77	35.1	15.3	72.7	15.3	11.2	44.2	27.4	16.7	14.3
	40-49	58	30.1	16.4	87.9	12.3	6.8	43.1	19.8	9.4	19.0
	50-59	64	29.5	12.7	62.5	15.2	9.4	40.6	26.1	7.7	9.4
	60-69	28	37.8	20.3	46.4	17.8	8.4	39.3	24.2	9.7	17.9
	Total	260	33.5	15.8	69.6	14.6	9.4	41.9	24.9	12.8	14.2
Total	20-29	92	36.0	16.5	71.7	13.5	9.4	42.4	18.8	13.2	14.1
	30-39	162	34.8	14.9	75.3	17.0	11.7	47.5	24.3	14.0	12.3
	40-49	192	33.1	15.9	78.1	16.4	12.7	43.2	22.6	9.2	16.7
	50-59	211	32.1	14.9	64.5	14.8	9.8	40.3	21.9	9.5	13.7
	60-69	105	37.3	17.6	57.1	15.4	8.3	28.6	25.3	9.2	18.1
	Total	762	34.0	15.8	70.1	15.7	11.0	41.2	22.8	10.7	14.8

^aNo. is for the total sample; Mean is calculated for users.

TABLE 58 (Continued)

**Percent of Protein (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fish/Shellfish			Meat/Fish/Poultry/Rec. ^b			Eggs		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	19.7	14.8	26.6	9.5	2.8	11.7	10.3	9.6	54.3
	30-39	86	16.2	14.7	30.2	12.3	6.0	12.8	6.8	6.0	37.2
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	17.9	12.3	36.2	16.5	7.9	7.2	8.8	7.1	33.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	16.3	16.5	24.6	38.3	0.0	1.5	12.6	9.6	29.2
	30-39	87	11.7	9.9	39.1	20.5	9.4	2.3	12.4	12.8	47.1
	40-49	77	11.9	9.3	32.5	6.9	0.0	1.3	10.0	8.7	45.5
	50-59	96	19.3	11.8	32.3	-	-	-	10.1	9.0	32.3
	60-69	76	20.9	15.1	23.7	17.1	5.1	3.9	8.2	6.9	36.8
	Total	401	15.6	12.5	30.9	19.7	10.6	1.7	10.6	9.9	38.4
Total	20-29	159	18.4	15.3	25.8	11.9	8.7	7.5	10.9	9.6	44.0
	30-39	173	13.7	12.3	34.7	13.6	6.9	7.5	10.0	10.7	42.2
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	19.2	13.5	29.7	16.7	6.6	5.5	8.5	6.9	35.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	22.2	14.5	30.5	13.1	6.7	10.2	11.9	8.9	44.1
	30-39	85	16.9	9.8	30.6	13.9	5.2	9.4	12.6	11.1	42.4
	40-49	134	22.3	15.7	25.4	12.0	4.4	6.0	9.9	7.8	40.3
	50-59	147	20.7	10.2	33.3	19.8	8.8	2.7	12.6	7.9	32.0
	60-69	77	25.6	14.8	20.8	14.3	3.1	3.9	9.9	6.8	29.9
	Total	502	21.1	12.8	28.5	14.1	5.9	5.8	11.4	8.6	37.1
Moscow	20-29	33	21.4	10.3	24.2	-	-	-	11.1	7.1	39.4
	30-39	77	21.4	13.7	28.6	12.4	2.4	3.9	8.3	9.8	36.4
	40-49	58	17.6	8.0	25.9	18.0	8.0	5.2	8.4	8.7	44.8
	50-59	64	26.3	14.5	35.9	8.3	0.0	1.6	13.0	8.9	39.1
	60-69	28	26.7	9.0	14.3	-	-	-	8.1	6.3	32.1
	Total	260	22.5	12.6	27.7	14.3	6.1	2.7	9.8	8.8	38.8
Total	20-29	92	21.9	13.1	28.3	13.1	6.7	6.5	11.6	8.3	42.4
	30-39	162	19.0	11.8	29.6	13.5	4.6	6.8	10.7	10.7	39.5
	40-49	192	20.9	13.9	25.5	13.6	5.8	5.7	9.4	8.1	41.7
	50-59	211	22.5	11.9	34.1	17.5	9.2	2.4	12.8	8.2	34.1
	60-69	105	25.8	13.6	19.0	14.3	3.1	2.9	9.4	6.6	30.5
	Total	762	21.6	12.7	28.2	14.1	5.9	4.7	10.8	8.7	37.7

^aNo. is for the total sample; mean is calculated for users.

^bRec. = Recipes, mixed dishes containing meat, fish, or poultry.

TABLE 58 (Continued)

**Percent of Protein (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Milk/Cheese/Yogurt			Dairy Desserts/Creams			Fats/Oils		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	12.9	12.7	79.8	1.4	2.9	42.6	0.2	0.3	98.9
	30-39	86	13.6	13.8	73.3	2.9	4.5	46.5	0.1	0.3	95.3
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	69	18.6	15.0	68.1	2.0	3.1	49.3	0.3	1.6	94.2
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	14.3	13.5	69.2	2.4	5.3	38.5	0.1	0.2	93.8
	30-39	87	11.5	9.9	73.6	3.8	5.7	52.9	0.2	0.4	96.6
	40-49	77	15.1	17.0	74.0	2.9	6.1	49.4	0.2	0.4	94.8
	50-59	96	12.8	11.0	66.7	3.0	4.6	31.3	0.3	1.2	97.9
	60-69	76	17.6	14.8	78.9	1.7	2.7	51.3	0.3	1.0	100.0
	Total	401	14.2	13.4	72.3	2.8	5.0	44.4	0.2	0.8	96.8
Total	20-29	159	13.4	13.0	75.5	1.8	4.0	40.9	0.1	0.3	96.9
	30-39	173	12.5	12.0	73.4	3.3	5.2	49.7	0.1	0.4	96.0
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	18.0	14.8	73.8	1.8	2.8	50.3	0.3	1.3	97.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	15.0	13.5	78.0	3.5	6.6	50.8	0.0	0.1	100.0
	30-39	85	14.6	11.7	68.2	2.5	3.5	47.1	0.1	0.3	100.0
	40-49	134	19.8	17.0	72.4	2.7	4.3	48.5	0.1	0.3	97.8
	50-59	147	19.7	16.7	72.1	2.9	4.1	38.8	0.1	0.4	93.9
	60-69	77	23.0	15.3	76.6	2.8	4.1	41.6	0.0	0.1	94.8
	Total	502	18.9	15.7	72.9	2.8	4.4	44.6	0.1	0.3	96.8
Moscow	20-29	33	21.3	16.6	81.8	2.3	3.2	60.6	0.0	0.1	97.0
	30-39	77	19.8	14.3	74.0	2.7	4.1	46.8	0.1	0.3	97.4
	40-49	58	20.4	15.1	84.5	3.2	3.7	50.0	0.3	0.8	100.0
	50-59	64	21.6	15.6	82.8	3.1	4.2	43.8	0.1	0.6	98.4
	60-69	28	20.4	17.8	78.6	4.4	5.5	46.4	0.1	0.4	85.7
	Total	260	20.7	15.4	80.0	3.0	4.0	48.5	0.1	0.5	96.9
Total	20-29	92	17.3	14.9	79.3	3.1	5.5	54.3	0.0	0.1	98.9
	30-39	162	17.2	13.3	71.0	2.6	3.7	46.9	0.1	0.3	98.8
	40-49	192	20.0	16.3	76.0	2.8	4.1	49.0	0.1	0.5	98.4
	50-59	211	20.4	16.3	75.4	3.0	4.1	40.3	0.1	0.5	95.3
	60-69	105	22.3	16.0	77.1	3.3	4.6	42.9	0.0	0.2	92.4
	Total	762	19.5	15.6	75.3	2.9	4.3	45.9	0.1	0.4	96.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 58 (Continued)

**Percent of Protein (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fruits/Vegetables			Breads/Cereals			Nuts/Seeds		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	7.3	6.0	91.5	17.6	8.9	100.0	4.8	5.8	4.3
	30-39	86	6.3	4.5	82.6	17.0	9.0	100.0	3.8	2.1	5.8
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	6.3	7.9	81.2	19.4	9.2	100.0	-	-	-
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	7.4	6.7	81.5	18.5	9.2	98.5	11.9	13.3	7.7
	30-39	87	6.1	4.6	85.1	17.9	8.4	100.0	4.2	3.7	5.7
	40-49	77	4.9	4.1	77.9	18.1	9.4	98.7	3.2	0.0	1.3
	50-59	96	7.1	6.0	80.2	20.6	9.2	100.0	26.9	14.5	2.1
	60-69	76	7.6	5.9	93.4	18.9	8.6	100.0	2.0	0.0	1.3
	Total	401	6.6	5.6	83.5	18.9	9.0	99.5	10.0	11.9	3.5
Total	20-29	159	7.3	6.3	87.4	18.0	9.0	99.4	8.7	10.7	5.7
	30-39	173	6.2	4.5	83.8	17.4	8.7	100.0	4.0	2.9	5.8
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	7.0	6.9	87.6	19.1	8.8	100.0	2.0	0.0	0.7
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	9.0	7.8	91.5	16.5	9.2	98.3	3.7	1.4	3.4
	30-39	85	9.1	7.8	95.3	16.2	9.5	95.3	4.8	1.9	4.7
	40-49	134	8.3	6.8	90.3	15.8	8.9	99.3	3.4	1.7	3.7
	50-59	147	7.6	6.1	80.3	18.6	9.8	98.6	5.9	3.1	2.7
	60-69	77	6.9	6.5	81.8	21.6	13.2	100.0	19.6	0.0	1.3
	Total	502	8.1	6.9	87.1	17.7	10.2	98.4	5.4	4.3	3.2
Moscow	20-29	33	7.7	6.5	90.9	15.6	7.0	97.0	-	-	-
	30-39	77	7.5	6.3	89.6	17.2	6.5	96.1	7.4	4.2	5.2
	40-49	58	5.1	3.6	84.5	17.5	7.6	100.0	8.9	9.4	13.8
	50-59	64	6.5	4.6	78.1	20.5	11.0	100.0	6.3	5.6	3.1
	60-69	28	8.1	4.6	85.7	24.4	13.4	96.4	2.7	0.0	3.6
	Total	260	6.8	5.4	85.4	18.7	9.3	98.1	7.7	7.3	5.8
Total	20-29	92	8.5	7.4	91.3	16.2	8.5	97.8	3.7	1.4	2.2
	30-39	162	8.4	7.2	92.6	16.7	8.2	95.7	6.1	3.3	4.9
	40-49	192	7.4	6.3	88.5	16.3	8.6	99.5	6.8	7.7	6.8
	50-59	211	7.3	5.7	79.6	19.2	10.2	99.1	6.0	3.5	2.8
	60-69	105	7.2	6.1	82.9	22.3	13.2	99.0	11.1	12.0	1.9
	Total	762	7.7	6.5	86.5	18.0	9.9	98.3	6.5	5.9	4.1

^aNo. is for the total sample; mean is calculated for users.

TABLE 58 (Continued)

**Percent of Protein (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Desserts			Sweets		
			Mean	SD	%Users	Mean	SD	%Users
Males								
Leningrad	20-29	94	8.2	7.2	62.8	0.1	1.1	96.8
	30-39	86	8.3	7.0	67.4	0.2	1.4	97.7
	40-49	0	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-
	60-69	69	7.5	5.9	60.9	0.0	0.0	97.1
	Total	-	-	-	-	-	-	-
Moscow	20-29	65	9.8	8.8	64.6	0.1	1.1	93.8
	30-39	87	6.8	8.2	56.3	0.1	1.0	93.1
	40-49	77	8.8	9.3	54.5	0.0	0.0	90.9
	50-59	96	8.5	10.6	46.9	0.0	0.5	97.9
	60-69	76	6.8	8.4	50.0	0.0	0.0	96.1
	Total	401	8.1	9.1	53.9	0.1	0.7	94.5
Total	20-29	159	8.9	7.9	63.5	0.1	1.1	95.6
	30-39	173	7.7	7.5	61.8	0.1	1.2	95.4
	40-49	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-
	60-69	145	7.2	7.2	55.2	0.0	0.0	96.6
	Total	-	-	-	-	-	-	-
Females								
Leningrad	20-29	59	10.6	9.6	79.7	0.0	0.0	100.0
	30-39	85	10.4	9.5	76.5	0.0	0.0	92.9
	40-49	134	9.8	9.3	74.6	0.0	0.3	97.8
	50-59	147	12.3	11.4	67.3	0.2	1.4	95.2
	60-69	77	12.1	13.5	67.5	0.1	0.9	90.9
	Total	502	11.0	10.6	72.3	0.1	0.9	95.4
Moscow	20-29	33	8.7	14.5	84.8	0.1	0.7	87.9
	30-39	77	10.9	10.0	71.4	0.0	0.0	98.7
	40-49	58	7.5	6.2	74.1	0.1	0.8	100.0
	50-59	64	7.7	8.5	59.4	0.1	0.9	98.4
	60-69	28	9.5	12.5	57.1	0.0	0.0	92.9
	Total	260	8.9	10.0	69.2	0.1	0.6	96.9
Total	20-29	92	9.9	11.6	81.5	0.0	0.4	95.7
	30-39	162	10.6	9.7	74.1	0.0	0.0	95.7
	40-49	192	9.1	8.5	74.5	0.0	0.5	98.4
	50-59	211	11.0	10.8	64.9	0.2	1.3	96.2
	60-69	105	11.5	13.2	64.8	0.1	0.8	91.4
	Total	762	10.3	10.5	71.3	0.1	0.8	95.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 58 (Continued)

**Percent of Protein (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Snacks			Soups/Sauces/Gravies			Diet Miscellany		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	0.8	0.7	21.3	6.4	4.4	80.9	2.9	2.6	2.1
	30-39	86	0.9	0.6	20.9	8.1	6.1	89.5	40.8	0.0	1.2
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	2.0	2.8	14.5	8.8	4.9	82.6	-	-	0.0
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	1.4	1.0	26.2	7.8	6.9	76.9	7.9	7.8	6.2
	30-39	87	1.0	0.5	25.3	7.3	4.4	79.3	6.3	10.7	8.0
	40-49	77	1.0	0.6	20.8	6.9	4.6	75.3	13.1	16.7	2.6
	50-59	96	1.3	0.9	33.3	9.8	6.0	80.2	16.9	24.3	7.3
	60-69	76	1.2	1.0	23.7	7.7	4.9	81.6	9.6	9.2	7.9
	Total	401	1.2	0.8	26.2	8.0	5.5	78.8	10.7	14.9	6.5
Total	20-29	159	1.1	0.9	23.3	6.9	5.6	79.2	6.2	6.7	3.8
	30-39	173	1.0	0.5	23.1	7.7	5.4	84.4	10.6	15.7	4.6
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	1.5	1.8	19.3	8.2	4.9	82.1	9.6	9.2	4.1
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	1.4	0.7	22.0	7.3	4.6	78.0	16.9	8.5	5.1
	30-39	85	1.3	1.4	31.8	8.4	6.1	65.9	8.1	10.2	4.7
	40-49	134	1.3	0.7	18.7	8.3	5.9	61.2	22.5	21.3	3.0
	50-59	147	1.5	0.9	23.1	10.5	7.2	74.1	18.9	24.2	5.4
	60-69	77	1.2	0.7	18.2	8.9	4.0	61.0	4.1	3.4	3.9
	Total	502	1.3	1.0	22.5	9.0	6.1	67.7	15.3	18.0	4.4
Moscow	20-29	33	1.2	0.6	27.3	7.3	4.0	75.8	2.2	0.7	6.1
	30-39	77	1.7	1.2	31.2	7.4	4.2	68.8	8.3	12.2	6.5
	40-49	58	1.1	0.5	22.4	9.2	5.5	75.9	0.8	0.2	5.2
	50-59	64	2.0	1.2	18.8	11.2	6.6	67.2	11.5	15.6	3.1
	60-69	28	2.6	2.7	28.6	10.2	6.1	75.0	60.1	0.0	3.6
	Total	260	1.7	1.3	25.4	9.0	5.5	71.5	10.1	17.7	5.0
Total	20-29	92	1.3	0.7	23.9	7.3	4.4	77.2	11.0	10.0	5.4
	30-39	162	1.5	1.3	31.5	7.9	5.3	67.3	8.3	10.6	5.6
	40-49	192	1.2	0.7	19.8	8.7	5.8	65.6	13.2	19.0	3.6
	50-59	211	1.6	1.0	21.8	10.7	7.0	72.0	17.4	22.2	4.7
	60-69	105	1.7	1.8	21.0	9.3	4.7	64.8	18.1	28.1	3.8
	Total	762	1.5	1.1	23.5	9.0	5.9	69.0	13.4	17.8	4.6

^aNo. is for the total sample; mean is calculated for users.

TABLE 59

Percent of Fat (g/day) From Selected Food Groups & Percent of Users Mean and Standard Deviation, By Sex, Clinic, and Age LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No. ^a	Meat			Processed Meat			Poultry		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	17.7	12.0	89.4	20.4	14.4	53.2	5.6	6.2	14.9
	30-39	86	18.9	13.1	93.0	23.2	16.0	53.5	4.2	2.7	15.1
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	21.0	14.7	79.7	22.4	17.4	50.7	6.5	5.3	20.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	22.3	14.7	83.1	19.3	12.9	58.5	5.4	4.0	15.4
	30-39	87	21.8	14.0	89.7	17.4	8.9	58.6	6.0	6.9	13.8
	40-49	77	21.2	13.9	85.7	22.1	11.2	61.0	11.0	9.6	14.3
	50-59	96	20.2	12.9	84.4	23.2	15.3	44.8	6.2	6.8	17.7
	60-69	76	19.6	11.8	81.6	20.5	16.5	55.3	9.1	10.9	19.7
	Total	401	21.0	13.4	85.0	20.5	13.1	55.1	7.5	8.2	16.2
Total	20-29	159	19.5	13.3	86.8	19.9	13.7	55.3	5.5	5.3	15.1
	30-39	173	20.3	13.6	91.3	20.2	13.1	56.1	5.0	5.1	14.5
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	20.3	13.2	80.7	21.4	16.8	53.1	7.8	8.6	20.0
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	20.7	15.2	76.3	20.0	13.8	44.1	2.2	0.9	15.3
	30-39	85	17.3	12.5	77.6	24.0	14.4	50.6	6.6	8.1	10.6
	40-49	134	17.4	10.9	73.9	25.8	16.4	43.3	7.5	12.0	15.7
	50-59	147	17.3	10.8	65.3	21.0	13.2	40.1	5.0	4.4	15.6
	60-69	77	20.5	16.7	61.0	22.5	11.6	24.7	5.3	3.8	18.2
	Total	502	18.2	12.7	70.3	23.0	14.4	40.8	5.6	7.5	15.1
Moscow	20-29	33	21.1	8.6	63.6	19.8	15.5	39.4	15.2	22.8	12.1
	30-39	77	18.8	11.0	72.7	20.0	12.3	44.2	7.8	8.7	14.3
	40-49	58	18.0	14.4	87.9	19.1	11.0	43.1	5.2	6.7	19.0
	50-59	64	16.6	12.1	62.5	22.6	13.0	40.6	8.2	2.7	9.4
	60-69	28	22.8	13.0	46.4	29.4	17.8	39.3	4.8	2.8	17.9
	Total	260	18.6	12.2	69.6	21.3	13.3	41.9	7.5	9.4	14.2
Total	20-29	92	20.8	13.4	71.7	20.0	14.2	42.4	6.2	13.0	14.1
	30-39	162	18.0	11.8	75.3	22.2	13.6	47.5	7.3	8.2	12.3
	40-49	192	17.6	12.1	78.1	23.8	15.2	43.2	6.8	10.4	16.7
	50-59	211	17.1	11.1	64.5	21.5	13.1	40.3	5.7	4.2	13.7
	60-69	105	21.0	15.9	57.1	25.1	14.3	28.6	5.2	3.5	18.1
	Total	762	18.3	12.5	70.1	22.4	14.0	41.2	6.2	8.2	14.8

^aNo. is for the total sample; mean is calculated for users.

TABLE 59 (Continued)

**Percent of Fat (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fish/Shellfish			Meat/Fish/Poultry/Rec. ^b			Eggs		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	5.7	5.4	26.6	6.9	2.1	11.7	7.5	7.2	54.3
	30-39	86	6.3	6.6	30.2	10.5	5.6	12.8	5.0	4.1	37.2
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	6.0	5.5	36.2	13.4	7.0	7.2	6.5	5.5	33.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	7.0	9.0	24.6	36.9	0.0	1.5	8.1	5.3	29.2
	30-39	87	6.2	7.3	39.1	15.1	5.1	2.3	9.6	12.2	47.1
	40-49	77	4.9	3.4	32.5	3.9	0.0	1.3	6.9	6.5	45.5
	50-59	96	5.5	3.9	32.3	-	-	-	7.4	6.5	32.3
	60-69	76	8.5	8.7	23.7	12.2	5.4	3.9	6.1	4.6	36.8
	Total	401	6.2	6.5	30.9	15.4	10.9	1.7	7.7	8.1	38.4
Total	20-29	159	6.2	6.9	25.8	9.4	8.9	7.5	7.7	6.7	44.0
	30-39	173	6.2	7.0	34.7	11.2	5.6	7.5	7.6	9.8	42.2
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	7.0	7.0	29.7	13.0	6.1	5.5	6.3	5.0	35.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	7.7	8.4	30.5	7.3	4.6	10.2	8.4	7.8	44.1
	30-39	85	4.8	3.9	30.6	9.1	5.1	9.4	8.2	6.7	42.4
	40-49	134	6.8	5.1	25.4	8.8	3.0	6.0	6.6	5.5	40.3
	50-59	147	8.3	8.5	33.3	20.0	15.5	2.7	9.6	5.4	32.0
	60-69	77	7.1	8.6	20.8	8.0	3.3	3.9	7.6	6.1	29.9
	Total	502	7.1	7.2	28.5	10.0	7.5	5.8	8.0	6.2	37.1
Moscow	20-29	33	6.9	6.6	24.2	-	-	-	8.0	4.7	39.4
	30-39	77	9.4	7.5	28.6	7.6	1.0	3.9	5.5	5.9	36.4
	40-49	58	8.7	5.6	25.9	15.0	8.3	5.2	6.8	7.3	44.8
	50-59	64	9.3	5.9	35.9	6.9	0.0	1.6	9.7	8.1	39.1
	60-69	28	10.6	4.0	14.3	-	-	-	5.5	6.2	32.1
	Total	260	9.0	6.3	27.7	10.7	6.3	2.7	7.2	6.9	38.8
Total	20-29	92	7.4	7.8	28.3	7.3	4.6	6.5	8.3	6.9	42.4
	30-39	162	6.9	6.2	29.6	8.7	4.4	6.8	7.0	6.5	39.5
	40-49	192	7.4	5.3	25.5	10.5	5.3	5.7	6.7	6.1	41.7
	50-59	211	8.6	7.8	34.1	17.4	14.6	2.4	9.6	6.4	34.1
	60-69	105	7.8	8.0	19.0	8.0	3.3	2.9	7.0	6.1	30.5
	Total	762	7.7	6.9	28.2	10.2	7.2	4.7	7.7	6.4	37.7

^aNo. is for the total sample; mean is calculated for users.

^bRec. = Recipes, mixed dishes containing meat, fish, or poultry.

TABLE 59 (Continued)

**Percent of Fat (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Milk/Cheese/Yogurt			Dairy Desserts/Creams			Fats/Oils		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	11.4	12.1	79.8	7.2	10.8	42.6	40.8	15.2	98.9
	30-39	86	14.1	14.6	73.3	10.8	10.2	46.5	34.9	16.9	95.3
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	19.3	16.4	68.1	8.5	8.7	49.3	34.6	16.1	94.2
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	14.7	15.1	69.2	9.6	12.4	38.5	36.5	17.4	93.8
	30-39	87	10.7	9.0	73.6	11.6	12.1	52.9	35.5	17.0	96.6
	40-49	77	14.1	16.8	74.0	10.6	14.7	49.4	32.4	14.8	94.8
	50-59	96	11.9	11.4	66.7	11.0	10.4	31.3	37.9	19.3	97.9
	60-69	76	16.7	14.8	78.9	7.5	8.9	51.3	36.2	17.5	100.0
	Total	401	13.5	13.6	72.3	10.1	11.8	44.4	35.8	17.4	96.8
Total	20-29	159	12.6	13.3	75.5	8.1	11.4	40.9	39.1	16.2	96.9
	30-39	173	12.4	12.2	73.4	11.2	11.2	49.7	35.2	16.9	96.0
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	17.8	15.5	73.8	7.9	8.8	50.3	35.5	16.8	97.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	13.3	12.9	78.0	10.0	11.2	50.8	37.4	14.2	100.0
	30-39	85	12.0	9.7	68.2	9.6	9.5	47.1	39.5	15.7	100.0
	40-49	134	19.4	17.6	72.4	11.2	12.8	48.5	35.0	17.6	97.8
	50-59	147	19.8	17.1	72.1	10.6	9.5	38.8	37.6	17.2	93.9
	60-69	77	22.6	16.3	76.6	13.2	14.9	41.6	38.4	17.2	94.8
	Total	502	18.1	16.0	72.9	10.9	11.6	44.6	37.3	16.7	96.8
Moscow	20-29	33	20.3	15.1	81.8	9.5	10.6	60.6	36.3	16.7	97.0
	30-39	77	16.9	11.6	74.0	10.4	10.7	46.8	38.8	15.4	97.4
	40-49	58	18.4	13.2	84.5	8.1	7.3	50.0	31.6	14.8	100.0
	50-59	64	19.7	16.7	82.8	10.8	9.1	43.8	34.9	16.4	98.4
	60-69	28	21.2	17.1	78.6	16.1	11.0	46.4	37.2	19.0	85.7
	Total	260	18.9	14.4	80.0	10.4	9.8	48.5	35.7	16.1	96.9
Total	20-29	92	15.9	14.1	79.3	9.8	10.8	54.3	37.0	15.1	98.9
	30-39	162	14.4	10.9	71.0	10.0	10.1	46.9	39.2	15.5	98.8
	40-49	192	19.0	16.2	76.0	10.3	11.5	49.0	33.9	16.8	98.4
	50-59	211	19.8	16.9	75.4	10.7	9.3	40.3	36.7	17.0	95.3
	60-69	105	22.2	16.4	77.1	14.0	13.8	42.9	38.1	17.6	92.4
	Total	762	18.4	15.4	75.3	10.7	10.9	45.9	36.8	16.5	96.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 59 (Continued)

**Percent of Fat (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fruits/Vegetables			Breads/Cereals			Nuts/Seeds		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	1.0	1.5	91.5	4.5	4.2	100.0	5.3	5.1	4.3
	30-39	86	0.8	2.2	82.6	3.9	2.3	100.0	8.5	4.8	5.8
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	1.1	1.8	81.2	6.1	5.0	100.0	-	-	-
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	1.7	5.0	81.5	5.6	4.2	98.5	12.6	15.5	7.7
	30-39	87	1.1	3.0	85.1	5.5	3.3	100.0	7.4	8.7	5.7
	40-49	77	0.5	0.5	77.9	5.7	4.0	98.7	4.8	0.0	1.3
	50-59	96	0.9	2.0	80.2	6.4	4.2	100.0	53.3	15.1	2.1
	60-69	76	1.2	1.2	93.4	5.0	3.4	100.0	2.0	0.0	1.3
	Total	401	1.1	2.7	83.5	5.7	3.8	99.5	15.2	19.7	3.5
Total	20-29	159	1.2	3.3	87.4	4.9	4.2	99.4	9.4	12.1	5.7
	30-39	173	1.0	2.6	83.8	4.7	2.9	100.0	7.9	6.7	5.8
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	1.2	1.5	87.6	5.5	4.2	100.0	2.0	0.0	0.7
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	1.2	1.5	91.5	3.8	3.1	98.3	5.1	0.7	3.4
	30-39	85	1.4	1.6	95.3	3.5	3.0	95.3	5.6	1.2	4.7
	40-49	134	1.6	3.1	90.3	4.1	3.9	99.3	6.9	4.7	3.7
	50-59	147	1.4	2.3	80.3	5.2	5.9	98.6	10.2	5.9	2.7
	60-69	77	1.8	3.1	81.8	5.1	3.1	100.0	31.6	0.0	1.3
	Total	502	1.5	2.5	87.1	4.5	4.3	98.4	8.7	7.4	3.2
Moscow	20-29	33	1.3	1.5	90.9	4.2	2.6	97.0	-	-	-
	30-39	77	1.0	0.9	89.6	4.4	2.3	96.1	12.2	5.8	5.2
	40-49	58	0.8	1.0	84.5	4.4	2.4	100.0	10.5	9.3	13.8
	50-59	64	1.0	1.1	78.1	5.2	3.7	100.0	18.3	16.3	3.1
	60-69	28	1.7	2.2	85.7	7.4	5.3	96.4	3.7	0.0	3.6
	Total	260	1.1	1.3	85.4	4.9	3.3	98.1	11.5	9.0	5.8
Total	20-29	92	1.2	1.5	91.3	3.9	2.9	97.8	5.1	0.7	2.2
	30-39	162	1.2	1.4	92.6	3.9	2.7	95.7	8.9	5.2	4.9
	40-49	192	1.4	2.7	88.5	4.2	3.5	99.5	9.1	7.9	6.8
	50-59	211	1.3	2.0	79.6	5.2	5.3	99.1	12.9	9.6	2.8
	60-69	105	1.8	2.9	82.9	5.7	3.9	99.0	17.7	19.8	1.9
	Total	762	1.3	2.2	86.5	4.6	4.0	98.3	10.1	8.2	4.1

^aNo. is for the total sample; mean is calculated for users.

TABLE 59 (Continued)

**Percent of Fat (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Desserts			Sweets			Alcoholic Beverages		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	6.1	6.9	62.8	0.2	1.8	96.8	0.0	0.0	21.3
	30-39	86	5.1	7.0	67.4	0.3	2.9	97.7	0.0	0.0	33.7
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	5.8	8.4	60.9	0.0	0.0	97.1	0.0	0.0	24.6
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	3.6	4.4	64.6	0.3	2.0	93.8	0.0	0.0	26.2
	30-39	87	3.6	4.6	56.3	0.1	1.3	93.1	0.0	0.0	29.9
	40-49	77	4.5	5.2	54.5	0.0	0.0	90.9	0.0	0.0	40.3
	50-59	96	6.2	7.9	46.9	0.1	1.0	97.9	0.0	0.0	22.9
	60-69	76	2.2	3.2	50.0	0.0	0.0	96.1	0.0	0.0	18.4
	Total	401	4.1	5.5	53.9	0.1	1.1	94.5	0.0	0.0	27.4
Total	20-29	159	5.1	6.0	63.5	0.2	1.9	95.6	0.0	0.0	23.3
	30-39	173	4.4	6.1	61.8	0.2	2.2	95.4	0.0	0.0	31.8
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	4.1	6.7	55.2	0.0	0.0	96.6	0.0	0.0	21.4
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	7.6	8.5	79.7	0.0	0.0	100.0	0.0	0.0	8.5
	30-39	85	7.9	9.8	76.5	0.0	0.0	92.9	0.0	0.0	15.3
	40-49	134	9.1	11.8	74.6	0.0	0.0	97.8	0.0	0.0	9.0
	50-59	147	9.7	11.7	67.3	0.2	2.0	95.2	0.0	0.0	8.2
	60-69	77	10.0	11.0	67.5	0.2	1.6	90.9	-	-	-
	Total	502	9.0	10.9	72.3	0.1	1.3	95.4	0.0	0.0	8.4
Moscow	20-29	33	5.5	7.2	84.8	0.3	1.8	87.9	0.0	0.0	3.0
	30-39	77	8.7	14.9	71.4	0.0	0.0	98.7	0.0	0.0	11.7
	40-49	58	6.9	9.0	74.1	0.1	1.1	100.0	0.0	0.0	8.6
	50-59	64	6.9	10.0	59.4	0.2	1.7	98.4	0.0	0.0	10.9
	60-69	28	6.2	10.0	57.1	0.0	0.0	92.9	0.0	0.0	3.6
	Total	260	7.2	11.2	69.2	0.1	1.2	96.9	0.0	0.0	8.8
Total	20-29	92	6.8	8.1	81.5	0.1	1.0	95.7	0.0	0.0	6.5
	30-39	162	8.3	12.4	74.1	0.0	0.0	95.7	0.0	0.0	13.6
	40-49	192	8.5	11.1	74.5	0.0	0.6	98.4	0.0	0.0	8.9
	50-59	211	8.9	11.3	64.9	0.2	1.9	96.2	0.0	0.0	9.0
	60-69	105	9.1	10.8	64.8	0.1	1.4	91.4	0.0	0.0	1.0
	Total	762	8.4	11.0	71.3	0.1	1.2	95.9	0.0	0.0	8.5

^aNo. is for the total sample; mean is calculated for users.

TABLE 59 (Continued)

**Percent of Fat (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Snacks			Soups/Sauces/Gravies			Diet Miscellany		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	1.3	1.0	21.3	4.2	5.2	80.9	11.8	14.8	2.1
	30-39	86	1.5	1.1	20.9	6.0	7.1	89.5	48.0	25.9	2.3
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	7.5	17.5	14.5	4.5	5.5	82.6	-	-	0.0
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	2.4	2.0	26.2	5.8	9.5	76.9	11.2	15.0	9.2
	30-39	87	1.7	0.8	25.3	4.6	4.9	79.3	8.1	7.3	10.3
	40-49	77	1.8	1.5	20.8	7.3	8.2	75.3	17.5	14.1	6.5
	50-59	96	2.1	1.7	33.3	7.3	7.7	80.2	14.2	26.3	7.3
	60-69	76	1.6	1.2	23.7	5.3	5.4	81.6	9.2	8.3	10.5
	Total	401	1.9	1.5	26.2	6.1	7.2	78.8	11.5	14.7	8.7
Total	20-29	159	1.8	1.6	23.3	4.8	7.2	79.2	11.4	13.8	5.0
	30-39	173	1.6	0.9	23.1	5.3	6.2	84.4	15.3	19.2	6.4
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	3.7	10.5	19.3	4.9	5.5	82.1	9.2	8.3	5.5
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	2.1	0.9	22.0	3.4	4.1	78.0	19.7	21.9	6.8
	30-39	85	1.9	2.0	31.8	5.5	5.1	65.9	8.7	9.6	5.9
	40-49	134	1.9	1.1	18.7	5.0	5.9	61.2	7.2	1.6	3.0
	50-59	147	3.3	5.6	23.1	5.9	8.4	74.1	13.9	13.1	7.5
	60-69	77	2.1	1.4	18.2	5.5	6.0	61.0	2.5	1.7	3.9
	Total	502	2.4	3.3	22.5	5.2	6.5	67.7	11.5	12.8	5.4
Moscow	20-29	33	2.3	1.9	27.3	4.5	3.4	75.8	4.6	1.3	6.1
	30-39	77	2.5	1.5	31.2	4.3	5.4	68.8	6.8	5.5	7.8
	40-49	58	1.7	0.8	22.4	6.2	5.9	75.9	13.5	14.4	6.9
	50-59	64	2.7	2.1	18.8	6.9	6.2	67.2	14.5	12.8	6.3
	60-69	28	2.8	1.4	28.6	4.3	4.9	75.0	18.7	2.3	7.1
	Total	260	2.4	1.6	25.4	5.4	5.5	71.5	11.1	9.9	6.9
Total	20-29	92	2.2	1.3	23.9	3.8	3.9	77.2	14.7	18.7	6.5
	30-39	162	2.2	1.8	31.5	4.9	5.3	67.3	7.7	7.3	6.8
	40-49	192	1.8	1.0	19.8	5.4	5.9	65.6	10.4	10.0	4.2
	50-59	211	3.2	4.9	21.8	6.2	7.8	72.0	14.0	12.6	7.1
	60-69	105	2.4	1.4	21.0	5.1	5.7	64.8	9.0	9.1	4.8
	Total	762	2.4	2.8	23.5	5.3	6.2	69.0	11.4	11.6	5.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 60

**Percent of Saturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Mean and Standard Deviation,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No. ^a	Meat			Processed Meat			Poultry		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	17.9	12.6	89.4	18.1	14.3	53.2	4.1	4.8	14.9
	30-39	86	17.9	12.6	93.0	20.4	15.6	53.5	2.9	1.8	15.1
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	19.9	14.9	79.7	18.9	16.1	50.7	4.2	3.5	20.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	22.1	14.8	83.1	18.7	14.4	58.5	5.0	5.5	15.4
	30-39	87	21.9	13.9	89.7	16.1	9.2	58.6	4.8	6.3	13.8
	40-49	77	21.2	13.9	85.7	19.5	10.3	61.0	8.7	8.0	14.3
	50-59	96	20.0	12.9	84.4	20.8	15.0	44.8	5.1	6.7	17.7
	60-69	76	19.7	12.0	81.6	19.1	17.0	55.3	7.1	9.5	19.7
	Total	401	20.9	13.4	85.0	18.7	13.3	55.1	6.1	7.4	16.2
Total	20-29	159	19.5	13.6	86.8	18.3	14.2	55.3	4.5	5.0	15.1
	30-39	173	19.9	13.4	91.3	18.1	12.8	56.1	3.8	4.6	14.5
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	19.8	13.3	80.7	19.0	16.5	53.1	5.7	7.3	20.0
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	19.2	13.4	76.3	17.3	12.5	44.1	1.4	0.5	15.3
	30-39	85	16.7	12.8	77.6	20.9	13.3	50.6	6.1	8.7	10.6
	40-49	134	16.3	10.5	73.9	22.2	16.3	43.3	5.7	10.4	15.7
	50-59	147	16.5	10.7	65.3	17.1	11.8	40.1	3.4	3.9	15.6
	60-69	77	18.8	16.9	61.0	21.2	14.3	24.7	3.5	2.6	18.2
	Total	502	17.1	12.3	70.3	19.8	13.9	40.8	4.1	6.7	15.1
Moscow	20-29	33	21.3	9.8	63.6	18.1	14.7	39.4	10.4	15.1	12.1
	30-39	77	18.2	11.1	72.7	18.7	13.1	44.2	6.4	7.9	14.3
	40-49	58	16.7	13.2	87.9	16.3	11.0	43.1	3.9	6.1	19.0
	50-59	64	16.8	13.3	62.5	19.7	12.8	40.6	5.0	1.9	9.4
	60-69	28	22.3	14.0	46.4	25.8	16.5	39.3	3.4	1.7	17.9
	Total	260	18.1	12.3	69.6	19.1	13.2	41.9	5.5	7.2	14.2
Total	20-29	92	19.9	12.3	71.7	17.5	13.1	42.4	4.2	8.7	14.1
	30-39	162	17.4	12.0	75.3	20.0	13.2	47.5	6.3	8.1	12.3
	40-49	192	16.5	11.4	78.1	20.5	15.0	43.2	5.1	9.1	16.7
	50-59	211	16.6	11.5	64.5	17.9	12.1	40.3	3.7	3.6	13.7
	60-69	105	19.6	16.3	57.1	22.9	15.0	28.6	3.5	2.4	18.1
	Total	762	17.5	12.3	70.1	19.5	13.6	41.2	4.6	6.9	14.8

^aNo. is for the total sample; mean is calculated for users.

TABLE 60 (Continued)

**Percent of Saturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fish/Shellfish			Meat/Fish/Poultry/Rec. ^b			Eggs		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	2.8	2.7	26.6	7.9	2.8	11.7	5.8	6.0	54.3
	30-39	86	3.0	3.1	30.2	13.7	9.0	12.8	3.6	3.0	37.2
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	2.7	2.5	36.2	15.8	9.1	7.2	4.5	3.8	33.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	4.2	7.0	24.6	38.4	0.0	1.5	6.5	3.9	29.2
	30-39	87	3.4	4.9	39.1	18.2	6.1	2.3	7.9	11.9	47.1
	40-49	77	2.4	1.8	32.5	5.0	0.0	1.3	5.4	6.4	45.5
	50-59	96	2.8	2.0	32.3	-	-	-	5.2	4.6	32.3
	60-69	76	4.8	5.6	23.7	13.0	4.6	3.9	4.5	3.9	36.8
	Total	401	3.4	4.4	30.9	17.0	11.0	1.7	6.0	7.5	38.4
Total	20-29	159	3.4	4.8	25.8	10.5	9.2	7.5	6.0	5.5	44.0
	30-39	173	3.2	4.2	34.7	14.4	8.6	7.5	6.0	9.3	42.2
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	3.6	4.2	29.7	14.8	7.5	5.5	4.5	3.8	35.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	4.6	6.0	30.5	9.1	5.2	10.2	7.4	11.2	44.1
	30-39	85	2.8	3.3	30.6	11.3	7.5	9.4	7.1	7.6	42.4
	40-49	134	3.3	2.7	25.4	10.7	4.6	6.0	5.0	4.7	40.3
	50-59	147	4.5	6.8	33.3	25.9	21.1	2.7	6.9	5.0	32.0
	60-69	77	3.2	4.2	20.8	8.2	3.7	3.9	5.1	4.1	29.9
	Total	502	3.8	5.1	28.5	12.4	10.2	5.8	6.2	6.6	37.1
Moscow	20-29	33	3.8	3.9	24.2	-	-	-	5.6	3.1	39.4
	30-39	77	4.8	4.0	28.6	10.1	1.6	3.9	3.8	3.7	36.4
	40-49	58	4.2	2.8	25.9	17.3	10.3	5.2	5.2	6.9	44.8
	50-59	64	4.4	2.7	35.9	8.6	0.0	1.6	7.6	7.8	39.1
	60-69	28	5.7	2.4	14.3	-	-	-	4.3	4.4	32.1
	Total	260	4.5	3.2	27.7	13.0	7.3	2.7	5.4	5.9	38.8
Total	20-29	92	4.4	5.4	28.3	9.1	5.2	6.5	6.8	9.3	42.4
	30-39	162	3.7	3.8	29.6	10.9	6.3	6.8	5.7	6.4	39.5
	40-49	192	3.6	2.7	25.5	12.5	6.8	5.7	5.1	5.5	41.7
	50-59	211	4.5	5.8	34.1	22.4	19.9	2.4	7.1	6.0	34.1
	60-69	105	3.7	4.0	19.0	8.2	3.7	2.9	4.9	4.1	30.5
	Total	762	4.0	4.6	28.2	12.5	9.6	4.7	5.9	6.4	37.7

^aNo. is for the total sample; mean is calculated for users.

^bRec. = Recipes, mixed dishes containing meat, fish, or poultry.

TABLE 60 (Continued)

**Percent of Saturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Milk/Cheese/Yogurt			Dairy Desserts/Creams			Fats/Oils		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	15.8	15.5	79.8	9.3	12.2	42.6	42.9	17.3	98.9
	30-39	86	19.1	18.2	73.3	14.5	13.3	46.5	37.2	19.1	95.3
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	24.0	18.6	68.1	11.5	11.3	49.3	38.8	18.7	94.2
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	20.4	18.7	69.2	13.2	16.0	38.5	38.5	20.2	93.8
	30-39	87	15.7	12.8	73.6	15.7	14.8	52.9	36.9	19.2	96.6
	40-49	77	19.4	19.6	74.0	14.5	16.5	49.4	33.9	17.0	94.8
	50-59	96	16.4	14.3	66.7	15.2	13.7	31.3	41.7	21.7	97.9
	60-69	76	22.6	18.9	78.9	10.7	11.6	51.3	36.0	20.6	100.0
	Total	401	18.7	16.9	72.3	13.9	14.5	44.4	37.6	19.9	96.8
Total	20-29	159	17.5	16.9	75.5	10.8	13.8	40.9	41.1	18.5	96.9
	30-39	173	17.4	15.7	73.4	15.1	14.0	49.7	37.0	19.1	96.0
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	23.2	18.7	73.8	11.0	11.4	50.3	37.3	19.7	97.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	18.1	16.0	78.0	13.6	14.8	50.8	38.8	16.5	100.0
	30-39	85	16.6	12.6	68.2	13.4	12.7	47.1	41.0	19.1	100.0
	40-49	134	25.1	20.5	72.4	14.9	14.9	48.5	36.7	20.2	97.8
	50-59	147	25.2	19.7	72.1	14.2	12.2	38.8	41.1	19.4	93.9
	60-69	77	28.4	18.9	76.6	17.0	18.2	41.6	40.6	20.6	94.8
	Total	502	23.4	18.8	72.9	14.6	14.3	44.6	39.5	19.4	96.8
Moscow	20-29	33	26.6	19.5	81.8	12.8	13.0	60.6	35.0	18.7	97.0
	30-39	77	23.6	15.8	74.0	14.1	13.9	46.8	39.2	18.1	97.4
	40-49	58	24.3	16.1	84.5	11.6	10.4	50.0	33.5	16.4	100.0
	50-59	64	26.5	20.1	82.8	15.4	12.1	43.8	35.7	17.1	98.4
	60-69	28	28.5	20.5	78.6	21.4	13.7	46.4	39.9	20.4	85.7
	Total	260	25.4	18.0	80.0	14.4	12.7	48.5	36.5	17.8	96.9
Total	20-29	92	21.2	17.8	79.3	13.3	14.0	54.3	37.5	17.3	98.9
	30-39	162	20.1	14.7	71.0	13.7	13.2	46.9	40.2	18.6	98.8
	40-49	192	24.9	19.1	76.0	13.9	13.7	49.0	35.7	19.1	98.4
	50-59	211	25.6	19.8	75.4	14.6	12.1	40.3	39.4	18.8	95.3
	60-69	105	28.4	19.2	77.1	18.3	17.0	42.9	40.4	20.5	92.4
	Total	762	24.2	18.5	75.3	14.5	13.8	45.9	38.5	18.9	96.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 60 (Continued)

**Percent of Saturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fruits/Vegetables			Breads/Cereals			Nuts/Seeds		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	0.2	1.1	91.5	1.6	2.1	100.0	3.1	4.1	4.3
	30-39	86	0.3	2.1	82.6	1.2	0.7	100.0	2.6	1.5	5.8
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	0.2	1.1	81.2	3.4	12.1	100.0	-	-	-
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	0.7	5.0	81.5	1.8	1.6	98.5	8.4	12.8	7.7
	30-39	87	0.4	2.1	85.1	1.8	1.4	100.0	3.4	3.3	5.7
	40-49	77	0.0	0.0	77.9	1.8	1.5	98.7	2.2	0.0	1.3
	50-59	96	0.1	0.6	80.2	2.0	1.6	100.0	32.8	27.4	2.1
	60-69	76	0.2	1.0	93.4	1.6	1.3	100.0	1.3	0.0	1.3
	Total	401	0.3	2.3	83.5	1.8	1.5	99.5	9.1	14.8	3.5
Total	20-29	159	0.4	3.2	87.4	1.7	1.9	99.4	6.0	9.8	5.7
	30-39	173	0.3	2.1	83.8	1.5	1.1	100.0	3.0	2.5	5.8
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	0.2	1.1	87.6	2.4	8.4	100.0	1.3	0.0	0.7
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	0.1	0.6	91.5	1.2	1.3	98.3	2.3	0.3	3.4
	30-39	85	0.1	0.9	95.3	1.1	1.2	95.3	2.8	0.6	4.7
	40-49	134	0.5	2.3	90.3	1.3	1.3	99.3	2.3	1.4	3.7
	50-59	147	0.3	1.7	80.3	2.0	6.5	98.6	4.7	2.3	2.7
	60-69	77	0.5	1.7	81.8	1.4	1.0	100.0	18.1	0.0	1.3
	Total	502	0.3	1.7	87.1	1.5	3.7	98.4	4.0	4.1	3.2
Moscow	20-29	33	0.1	0.6	90.9	1.2	0.9	97.0	-	-	-
	30-39	77	0.0	0.4	89.6	1.3	1.1	96.1	5.3	2.0	5.2
	40-49	58	0.0	0.0	84.5	1.2	0.8	100.0	6.1	6.7	13.8
	50-59	64	0.0	0.0	78.1	1.4	1.0	100.0	5.1	5.2	3.1
	60-69	28	0.6	2.8	85.7	2.0	1.8	96.4	2.3	0.0	3.6
	Total	260	0.1	1.0	85.4	1.4	1.1	98.1	5.5	5.1	5.8
Total	20-29	92	0.1	0.6	91.3	1.2	1.2	97.8	2.3	0.3	2.2
	30-39	162	0.1	0.7	92.6	1.2	1.1	95.7	4.0	1.9	4.9
	40-49	192	0.3	2.0	88.5	1.3	1.2	99.5	4.7	5.5	6.8
	50-59	211	0.2	1.4	79.6	1.8	5.4	99.1	4.8	2.9	2.8
	60-69	105	0.5	2.1	82.9	1.5	1.3	99.0	10.2	11.2	1.9
	Total	762	0.2	1.5	86.5	1.4	3.0	98.3	4.7	4.6	4.1

^aNo. is for the total sample; mean is calculated for users.

TABLE 60 (Continued)

**Percent of Saturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Desserts			Sweets		
			Mean	SD	%Users	Mean	SD	%Users
Males								
Leningrad	20-29	94	6.1	8.0	62.8	0.1	0.7	96.8
	30-39	86	4.7	7.6	67.4	0.1	0.8	97.7
	40-49	0	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-
	60-69	69	5.4	9.1	60.9	0.0	0.0	97.1
	Total	-	-	-	-	-	-	-
Moscow	20-29	65	3.3	4.1	64.6	0.1	0.8	93.8
	30-39	87	3.7	5.1	56.3	0.0	0.3	93.1
	40-49	77	4.2	5.0	54.5	0.0	0.0	90.9
	50-59	96	5.6	6.7	46.9	0.0	0.4	97.9
	60-69	76	2.0	2.9	50.0	0.0	0.0	96.1
	Total	401	3.8	5.1	53.9	0.0	0.4	94.5
Total	20-29	159	4.9	6.8	63.5	0.1	0.8	95.6
	30-39	173	4.2	6.6	61.8	0.1	0.6	95.4
	40-49	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-
	60-69	145	3.8	7.1	55.2	0.0	0.0	96.6
	Total	-	-	-	-	-	-	-
Females								
Leningrad	20-29	59	7.8	9.1	79.7	0.0	0.0	100.0
	30-39	85	8.3	12.3	76.5	0.0	0.0	92.9
	40-49	134	9.1	12.9	74.6	0.0	0.0	97.8
	50-59	147	9.5	12.7	67.3	0.1	1.2	95.2
	60-69	77	10.1	13.1	67.5	0.1	0.4	90.9
	Total	502	9.0	12.3	72.3	0.0	0.7	95.4
Moscow	20-29	33	6.4	10.0	84.8	0.1	0.6	87.9
	30-39	77	9.4	16.0	71.4	0.0	0.0	98.7
	40-49	58	6.5	10.1	74.1	0.0	0.3	100.0
	50-59	64	7.7	12.4	59.4	0.1	0.5	98.4
	60-69	28	5.0	8.0	57.1	0.0	0.0	92.9
	Total	260	7.5	12.5	69.2	0.0	0.4	96.9
Total	20-29	92	7.2	9.4	81.5	0.0	0.3	95.7
	30-39	162	8.8	14.1	74.1	0.0	0.0	95.7
	40-49	192	8.3	12.2	74.5	0.0	0.1	98.4
	50-59	211	9.0	12.6	64.9	0.1	1.0	96.2
	60-69	105	8.9	12.3	64.8	0.0	0.4	91.4
	Total	762	8.5	12.4	71.3	0.0	0.6	95.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 60 (Continued)

**Percent of Saturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Soups/Sauces/Gravies			Diet Miscellany		
			Mean	SD	%Users	Mean	SD	%Users
Males								
Leningrad	20-29	94	5.1	5.9	80.9	8.2	0.0	1.1
	30-39	86	6.9	8.3	89.5	37.7	33.1	2.3
	40-49	0	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-
	60-69	69	5.6	7.1	82.6	-	-	0.0
	Total	-	-	-	-	-	-	-
Moscow	20-29	65	6.9	10.8	76.9	8.3	7.3	7.7
	30-39	87	5.6	6.0	79.3	6.3	7.4	10.3
	40-49	77	9.1	9.5	75.3	12.6	12.5	6.5
	50-59	96	9.2	10.0	80.2	15.8	30.5	6.3
	60-69	76	6.9	6.3	81.6	9.1	9.5	9.2
	Total	401	7.6	8.7	78.8	10.0	14.9	8.0
Total	20-29	159	5.8	8.2	79.2	8.3	6.5	3.8
	30-39	173	6.3	7.3	84.4	12.0	17.7	6.4
	40-49	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-
	60-69	145	6.3	6.7	82.1	9.1	9.5	4.8
	Total	-	-	-	-	-	-	-
Females								
Leningrad	20-29	59	4.3	5.2	78.0	21.8	23.9	5.1
	30-39	85	6.8	6.3	65.9	3.8	4.5	4.7
	40-49	134	6.0	6.8	61.2	18.5	24.5	2.2
	50-59	147	7.2	9.7	74.1	13.3	11.9	6.8
	60-69	77	6.5	6.6	61.0	1.5	1.1	2.6
	Total	502	6.4	7.6	67.7	12.4	14.8	4.4
Moscow	20-29	33	5.7	4.6	75.8	6.3	7.4	6.1
	30-39	77	5.0	5.9	68.8	5.9	3.9	6.5
	40-49	58	7.4	7.2	75.9	15.2	12.7	5.2
	50-59	64	8.5	7.2	67.2	10.5	10.0	6.3
	60-69	28	5.5	6.5	75.0	10.8	4.2	7.1
	Total	260	6.5	6.6	71.5	9.5	7.9	6.2
Total	20-29	92	4.8	5.0	77.2	15.6	19.3	5.4
	30-39	162	5.9	6.2	67.3	5.0	4.1	5.6
	40-49	192	6.5	6.9	65.6	16.9	17.6	3.1
	50-59	211	7.6	9.1	72.0	12.5	11.1	6.6
	60-69	105	6.2	6.6	64.8	6.1	5.9	3.8
	Total	762	6.4	7.2	69.0	11.1	12.3	5.0

^aNo. is for the total sample; mean is calculated for users.

TABLE 61

**Percent of Monounsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Mean and Standard Deviation,

By Sex, Clinic, and Age

LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No. ^a	Meat			Processed Meat			Poultry		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	20.8	14.2	89.4	25.4	17.3	53.2	5.9	8.9	14.9
	30-39	86	22.1	14.9	93.0	28.2	18.0	53.5	3.9	2.7	15.1
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	24.7	16.5	79.7	27.5	19.8	50.7	7.0	6.9	20.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	26.7	17.0	83.1	23.7	14.6	58.5	6.1	5.8	15.4
	30-39	87	25.4	15.8	89.7	21.7	10.7	58.6	6.6	8.5	13.8
	40-49	77	24.3	15.8	85.7	27.0	12.8	61.0	12.8	12.4	14.3
	50-59	96	24.4	14.8	84.4	29.4	17.6	44.8	6.4	7.0	17.7
	60-69	76	23.7	14.0	81.6	25.9	18.7	55.3	10.5	14.9	19.7
	Total	401	24.8	15.4	85.0	25.5	15.1	55.1	8.4	10.4	16.2
Total	20-29	159	23.1	15.5	86.8	24.7	16.1	55.3	6.0	7.6	15.1
	30-39	173	23.7	15.4	91.3	24.8	14.9	56.1	5.2	6.2	14.5
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	24.2	15.2	80.7	26.6	19.1	53.1	8.8	11.7	20.0
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	25.4	17.8	76.3	25.6	17.0	44.1	2.0	1.0	15.3
	30-39	85	20.9	14.6	77.6	30.4	17.0	50.6	7.2	9.8	10.6
	40-49	134	21.3	13.3	73.9	31.8	18.5	43.3	8.5	15.3	15.7
	50-59	147	20.7	12.7	65.3	27.0	15.8	40.1	5.3	4.7	15.6
	60-69	77	24.9	18.7	61.0	29.2	13.1	24.7	5.7	4.7	18.2
	Total	502	22.1	14.9	70.3	29.1	16.8	40.8	6.1	9.3	15.1
Moscow	20-29	33	26.3	10.2	63.6	25.5	18.5	39.4	18.6	29.7	12.1
	30-39	77	23.1	13.4	72.7	25.4	14.0	44.2	7.9	8.1	14.3
	40-49	58	21.5	16.9	87.9	23.9	13.1	43.1	6.0	9.0	19.0
	50-59	64	20.2	13.5	62.5	29.3	14.2	40.6	8.8	2.8	9.4
	60-69	28	28.9	16.7	46.4	37.4	18.5	39.3	4.6	3.0	17.9
	Total	260	22.8	14.5	69.6	27.2	15.2	41.9	8.2	11.5	14.2
Total	20-29	92	25.7	15.7	71.7	25.6	17.3	42.4	7.1	16.9	14.1
	30-39	162	21.9	14.1	75.3	28.2	15.8	47.5	7.6	8.7	12.3
	40-49	192	21.4	14.6	78.1	29.4	17.3	43.2	7.6	13.4	16.7
	50-59	211	20.6	12.9	64.5	27.7	15.3	40.3	6.0	4.6	13.7
	60-69	105	25.8	18.2	57.1	32.2	15.5	28.6	5.4	4.2	18.1
	Total	762	22.3	14.7	70.1	28.5	16.2	41.2	6.8	10.1	14.8

^aNo. is for the total sample; mean is calculated for users.

TABLE 61 (Continued)

**Percent of Monounsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fish/Shellfish			Meat/Fish/Poultry/Rec. ^b			Eggs		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	6.2	7.0	26.6	7.3	2.4	11.7	8.6	8.5	54.3
	30-39	86	8.2	9.5	30.2	11.1	5.6	12.8	5.6	4.6	37.2
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	6.7	7.6	36.2	14.0	7.6	7.2	7.6	6.8	33.3
	Total	-	-	-	-	-	-	-	-	-	..
Moscow	20-29	65	9.1	11.1	24.6	38.1	0.0	1.5	8.8	5.9	29.2
	30-39	87	7.6	9.0	39.1	16.3	4.8	2.3	10.7	12.6	47.1
	40-49	77	6.5	5.2	32.5	4.8	0.0	1.3	7.8	7.3	45.5
	50-59	96	6.0	5.9	32.3	-	-	-	8.6	7.6	32.3
	60-69	76	10.1	10.8	23.7	13.9	7.0	3.9	6.9	5.1	36.8
	Total	401	7.5	8.3	30.9	16.7	11.1	1.7	8.7	8.7	38.4
Total	20-29	159	7.3	8.8	25.8	9.9	9.2	7.5	8.7	7.8	44.0
	30-39	173	7.8	9.1	34.7	11.9	5.7	7.5	8.5	10.2	42.2
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	8.1	9.1	29.7	14.0	6.8	5.5	7.3	5.9	35.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	8.1	10.1	30.5	8.0	5.1	10.2	9.9	9.0	44.1
	30-39	85	6.0	6.5	30.6	9.3	4.5	9.4	9.8	8.5	42.4
	40-49	134	7.0	6.6	25.4	9.8	3.6	6.0	7.9	6.7	40.3
	50-59	147	9.7	10.8	33.3	21.4	16.6	2.7	11.8	6.4	32.0
	60-69	77	7.1	10.4	20.8	9.4	3.8	3.9	9.4	7.7	29.9
	Total	502	7.9	9.1	28.5	10.9	7.9	5.8	9.7	7.5	37.1
Moscow	20-29	33	8.7	10.6	24.2	-	-	-	9.8	5.8	39.4
	30-39	77	12.4	11.0	28.6	8.2	1.1	3.9	6.6	7.4	36.4
	40-49	58	11.4	8.2	25.9	16.9	9.3	5.2	8.0	8.5	44.8
	50-59	64	11.9	8.8	35.9	7.5	0.0	1.6	11.8	9.1	39.1
	60-69	28	13.9	7.3	14.3	-	-	-	6.3	6.7	32.1
	Total	260	11.7	9.4	27.7	11.8	7.2	2.7	8.6	8.1	38.8
Total	20-29	92	8.3	10.0	28.3	8.0	5.1	6.5	9.8	8.0	42.4
	30-39	162	8.9	9.3	29.6	9.0	3.8	6.8	8.4	8.1	39.5
	40-49	192	8.4	7.3	25.5	11.7	6.1	5.7	7.9	7.2	41.7
	50-59	211	10.4	10.2	34.1	18.7	15.6	2.4	11.8	7.4	34.1
	60-69	105	8.5	10.1	19.0	9.4	3.8	2.9	8.5	7.4	30.5
	Total	762	9.2	9.3	28.2	11.1	7.7	4.7	9.3	7.7	37.7

^aNo. is for the total sample; mean is calculated for users.

^bRec. = Recipes, mixed dishes containing meat, fish, or poultry.

TABLE 61 (Continued)

**Percent of Monounsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Milk/Cheese/Yogurt			Dairy Desserts/Creams			Fats/Oils		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	9.8	11.0	79.8	6.4	10.4	42.6	38.1	15.3	98.9
	30-39	86	11.9	13.1	73.3	9.0	8.8	46.5	32.3	17.2	95.3
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	17.7	16.4	68.1	7.5	7.8	49.3	31.8	16.7	94.2
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	12.7	14.0	69.2	8.2	10.8	38.5	34.3	17.1	93.8
	30-39	87	9.0	7.7	73.6	9.9	10.6	52.9	32.9	16.4	96.6
	40-49	77	11.8	15.7	74.0	9.1	14.0	49.4	29.9	15.7	94.8
	50-59	96	10.1	10.4	66.7	9.6	9.1	31.3	34.8	19.5	97.9
	60-69	76	14.7	14.1	78.9	6.7	8.3	51.3	33.5	18.3	100.0
	Total	401	11.6	12.6	72.3	8.7	10.7	44.4	33.1	17.6	96.8
Total	20-29	159	10.9	12.3	75.5	7.1	10.5	40.9	36.6	16.1	96.9
	30-39	173	10.4	10.8	73.4	9.5	9.8	49.7	32.6	16.7	96.0
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	0	-	-	-	-	-	-
	60-69	145	16.0	15.2	73.8	7.0	8.0	50.3	32.7	17.5	97.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	12.2	13.1	78.0	8.8	9.9	50.8	34.0	14.9	100.0
	30-39	85	10.7	9.7	68.2	8.8	9.2	47.1	36.0	16.0	100.0
	40-49	134	17.3	16.7	72.4	10.1	12.3	48.5	32.2	17.4	97.8
	50-59	147	18.3	16.9	72.1	9.6	8.8	38.8	34.9	17.6	93.9
	60-69	77	21.2	16.0	76.6	12.5	14.4	41.6	36.4	17.8	94.8
	Total	502	16.5	15.6	72.9	9.9	11.0	44.6	34.5	17.0	96.8
Moscow	20-29	33	18.9	14.7	81.8	8.7	10.1	60.6	33.4	16.9	97.0
	30-39	77	15.0	10.9	74.0	9.5	9.6	46.8	36.2	16.1	97.4
	40-49	58	16.1	12.3	84.5	6.9	6.5	50.0	28.8	15.2	100.0
	50-59	64	18.4	16.8	82.8	10.3	8.9	43.8	31.6	16.5	98.4
	60-69	28	19.7	16.9	78.6	14.1	9.1	46.4	35.7	21.3	85.7
	Total	260	17.1	14.0	80.0	9.4	8.9	48.5	32.9	16.8	96.9
Total	20-29	92	14.7	14.0	79.3	8.8	9.9	54.3	33.8	15.6	98.9
	30-39	162	12.8	10.5	71.0	9.1	9.3	46.9	36.1	16.0	98.8
	40-49	192	16.9	15.3	76.0	9.1	10.9	49.0	31.2	16.8	98.4
	50-59	211	18.3	16.8	75.4	9.8	8.8	40.3	33.9	17.3	95.3
	60-69	105	20.8	16.2	77.1	13.0	13.0	42.9	36.2	18.6	92.4
	Total	762	16.7	15.1	75.3	9.7	10.3	45.9	34.0	16.9	96.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 61 (Continued)

**Percent of Monounsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fruits/Vegetables			Breads/Cereals			Nuts/Seeds		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	0.2	0.9	91.5	3.7	3.9	100.0	6.6	8.0	4.3
	30-39	86	0.2	1.8	82.6	3.0	1.9	100.0	5.0	1.8	5.8
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	0.2	0.9	81.2	6.1	11.9	100.0	-	-	-
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	0.5	3.4	81.5	4.4	3.6	98.5	11.5	13.1	7.7
	30-39	87	0.4	1.8	85.1	4.4	2.8	100.0	6.4	4.5	5.7
	40-49	77	0.0	0.0	77.9	4.6	3.4	98.7	6.3	0.0	1.3
	50-59	96	0.1	1.3	80.2	5.3	3.9	100.0	49.5	32.5	2.1
	60-69	76	0.1	0.5	93.4	4.1	3.1	100.0	2.2	0.0	1.3
	Total	401	0.2	1.7	83.5	4.6	3.4	99.5	14.1	19.4	3.5
Total	20-29	159	0.3	2.2	87.4	4.0	3.8	99.4	9.3	10.8	5.7
	30-39	173	0.3	1.8	83.8	3.7	2.5	100.0	5.7	3.3	5.8
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	0.1	0.7	87.6	5.1	8.5	100.0	2.2	0.0	0.7
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	0.1	0.6	91.5	3.1	2.8	98.3	7.1	0.7	3.4
	30-39	85	0.0	0.4	95.3	2.8	2.7	95.3	5.9	1.3	4.7
	40-49	134	0.3	1.8	90.3	3.6	4.0	99.3	4.8	2.4	3.7
	50-59	147	0.3	1.5	80.3	4.8	8.5	98.6	9.2	4.1	2.7
	60-69	77	0.5	2.0	81.8	4.1	3.0	100.0	39.5	0.0	1.3
	Total	502	0.3	1.4	87.1	3.9	5.4	98.4	8.6	8.7	3.2
Moscow	20-29	33	0.1	0.5	90.9	3.4	2.4	97.0	-	-	-
	30-39	77	0.0	0.2	89.6	3.4	2.1	96.1	13.1	5.8	5.2
	40-49	58	0.0	0.0	84.5	3.3	2.1	100.0	11.2	11.1	13.8
	50-59	64	0.0	0.0	78.1	4.1	3.3	100.0	10.3	9.6	3.1
	60-69	28	0.3	1.4	85.7	5.4	4.8	96.4	4.7	0.0	3.6
	Total	260	0.1	0.5	85.4	3.8	2.9	98.1	11.1	8.9	5.8
Total	20-29	92	0.1	0.5	91.3	3.2	2.7	97.8	7.1	0.7	2.2
	30-39	162	0.0	0.3	92.6	3.1	2.4	95.7	9.5	5.4	4.9
	40-49	192	0.2	1.5	88.5	3.5	3.5	99.5	8.7	9.2	6.8
	50-59	211	0.2	1.2	79.6	4.6	7.3	99.1	9.6	5.4	2.8
	60-69	105	0.4	1.9	82.9	4.4	3.6	99.0	22.1	24.6	1.9
	Total	762	0.2	1.2	86.5	3.8	4.7	98.3	9.8	8.8	4.1

^aNo. is for the total sample; mean is calculated for users.

TABLE 61 (Continued)

**Percent of Monounsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Desserts			Sweets		
			Mean	SD	%Users	Mean	SD	%Users
Males								
Leningrad	20-29	94	6.5	6.7	62.8	0.2	1.6	96.8
	30-39	86	5.4	7.3	67.4	0.4	3.4	97.7
	40-49	0	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-
	60-69	69	6.3	8.8	60.9	0.0	0.0	97.1
	Total	-	-	-	-	-	-	-
Moscow	20-29	65	3.9	5.2	64.6	0.2	1.9	93.8
	30-39	87	3.8	5.5	56.3	0.1	0.9	93.1
	40-49	77	4.7	6.3	54.5	0.0	0.0	90.9
	50-59	96	7.1	9.6	46.9	0.1	0.7	97.9
	60-69	76	2.0	3.0	50.0	0.0	0.0	96.1
	Total	401	4.4	6.5	53.9	0.1	1.0	94.5
Total	20-29	159	5.4	6.2	63.5	0.2	1.7	95.6
	30-39	173	4.7	6.6	61.8	0.2	2.5	95.4
	40-49	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-
	60-69	145	4.3	7.0	55.2	0.0	0.0	96.6
	Total	-	-	-	-	-	-	-
Females								
Leningrad	20-29	59	8.3	9.4	79.7	0.0	0.0	100.0
	30-39	85	8.6	10.9	76.5	0.0	0.0	92.9
	40-49	134	10.2	14.2	74.6	0.0	0.0	97.8
	50-59	147	10.3	12.1	67.3	0.2	1.8	95.2
	60-69	77	11.0	11.3	67.5	0.1	1.1	90.9
	Total	502	9.8	12.1	72.3	0.1	1.0	95.4
Moscow	20-29	33	5.8	7.9	84.8	0.3	1.7	87.9
	30-39	77	9.1	15.5	71.4	0.0	0.0	98.7
	40-49	58	8.0	11.4	74.1	0.1	0.8	100.0
	50-59	64	7.6	10.4	59.4	0.2	1.9	98.4
	60-69	28	8.1	13.3	57.1	0.0	0.0	92.9
	Total	260	7.9	12.3	69.2	0.1	1.2	96.9
Total	20-29	92	7.4	8.9	81.5	0.1	1.0	95.7
	30-39	162	8.8	13.2	74.1	0.0	0.0	95.7
	40-49	192	9.5	13.5	74.5	0.0	0.4	98.4
	50-59	211	9.5	11.7	64.9	0.2	1.8	96.2
	60-69	105	10.3	11.7	64.8	0.1	1.0	91.4
	Total	762	9.2	12.2	71.3	0.1	1.1	95.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 61 (Continued)

**Percent of Monounsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Soups/Sauces/Gravies			Diet Miscellany		
			Mean	SD	%Users	Mean	SD	%Users
Males								
Leningrad	20-29	94	3.8	5.3	80.9	15.4	0.0	1.1
	30-39	86	5.7	7.4	89.5	57.8	25.8	2.3
	40-49	0	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-
	60-69	69	3.8	4.9	82.6	-	-	0.0
	Total	-	-	-	-	-	-	-
Moscow	20-29	65	5.5	9.8	76.9	12.3	11.1	7.7
	30-39	87	4.5	5.1	79.3	8.3	7.5	10.3
	40-49	77	6.8	8.9	75.3	17.7	17.2	6.5
	50-59	96	6.9	7.9	80.2	18.5	29.6	6.3
	60-69	76	5.0	6.3	81.6	10.4	8.2	9.2
	Total	401	5.8	7.6	78.8	12.8	15.5	8.0
Total	20-29	159	4.5	7.4	79.2	12.8	10.0	3.8
	30-39	173	5.1	6.4	84.4	17.3	22.6	6.4
	40-49	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-
	60-69	145	4.4	5.6	82.1	10.4	8.2	4.8
	Total	-	-	-	-	-	-	-
Females								
Leningrad	20-29	59	2.9	3.8	78.0	21.9	18.2	5.1
	30-39	85	5.2	5.4	65.9	6.8	8.9	4.7
	40-49	134	4.7	6.7	61.2	5.6	1.0	2.2
	50-59	147	5.4	8.1	74.1	17.5	16.0	6.8
	60-69	77	5.4	6.8	61.0	3.0	2.0	2.6
	Total	502	4.9	6.7	67.7	13.2	14.1	4.4
Moscow	20-29	33	4.2	3.4	75.8	3.0	2.3	6.1
	30-39	77	4.3	6.2	68.8	6.4	6.8	6.5
	40-49	58	5.9	6.0	75.9	20.1	16.8	5.2
	50-59	64	6.7	6.5	67.2	16.9	14.0	6.3
	60-69	28	3.8	4.4	75.0	18.7	2.5	7.1
	Total	260	5.2	5.8	71.5	12.7	11.7	6.2
Total	20-29	92	3.3	3.7	77.2	14.4	16.6	5.4
	30-39	162	4.8	5.8	67.3	6.6	7.3	5.6
	40-49	192	5.2	6.4	65.6	12.9	13.3	3.1
	50-59	211	5.8	7.7	72.0	17.3	14.9	6.6
	60-69	105	4.9	6.2	64.8	10.9	9.2	3.8
	Total	762	5.0	6.4	69.0	13.0	13.0	5.0

^aNo. is for the total sample; mean is calculated for users.

TABLE 62

**Percent of Polyunsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Mean and Standard Deviation,
By Sex, Clinic, and Age

LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No. ^a	Meat			Processed Meat			Poultry		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	10.8	9.3	89.4	19.3	13.9	53.2	9.4	6.5	14.9
	30-39	86	13.5	12.4	93.0	22.8	15.7	53.5	9.8	6.8	15.1
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	13.8	11.0	79.7	22.9	18.1	50.7	15.2	12.3	20.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	15.3	13.9	83.1	16.0	10.6	58.5	7.5	6.9	15.4
	30-39	87	13.9	13.1	89.7	15.1	10.5	58.6	7.9	5.7	13.8
	40-49	77	12.8	11.6	85.7	21.1	13.8	61.0	11.4	8.3	14.3
	50-59	96	12.4	11.5	84.4	20.1	13.8	44.8	9.5	7.5	17.7
	60-69	76	11.9	10.3	81.6	18.4	15.1	55.3	13.2	9.8	19.7
	Total	401	13.2	12.1	85.0	18.1	13.0	55.1	10.1	7.9	16.2
Total	20-29	159	12.6	11.5	86.8	17.9	12.6	55.3	8.6	6.6	15.1
	30-39	173	13.7	12.7	91.3	18.8	13.7	56.1	8.9	6.2	14.5
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	12.8	10.6	80.7	20.5	16.6	53.1	14.2	10.9	20.0
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	15.9	17.3	76.3	20.3	16.9	44.1	5.7	4.2	15.3
	30-39	85	12.8	12.6	77.6	23.0	15.5	50.6	9.2	4.4	10.6
	40-49	134	12.2	10.7	73.9	25.5	17.3	43.3	11.7	8.2	15.7
	50-59	147	11.6	9.9	65.3	23.1	15.8	40.1	12.9	7.5	15.6
	60-69	77	16.8	16.0	61.0	19.6	11.9	24.7	11.3	9.9	18.2
	Total	502	13.2	12.7	70.3	23.1	16.0	40.8	11.0	7.8	15.1
Moscow	20-29	33	12.6	9.5	63.6	17.9	14.6	39.4	18.3	22.8	12.1
	30-39	77	13.4	12.5	72.7	17.2	12.4	44.2	14.0	15.1	14.3
	40-49	58	13.5	14.4	87.9	19.9	14.8	43.1	8.6	8.2	19.0
	50-59	64	10.0	8.2	62.5	19.7	14.4	40.6	20.0	6.9	9.4
	60-69	28	14.9	13.6	46.4	30.2	21.6	39.3	10.9	8.4	17.9
	Total	260	12.7	12.0	69.6	19.8	15.0	41.9	13.4	12.6	14.2
Total	20-29	92	14.8	15.3	71.7	19.5	16.1	42.4	9.6	13.3	14.1
	30-39	162	13.1	12.5	75.3	20.4	14.4	47.5	11.9	11.6	12.3
	40-49	192	12.6	12.1	78.1	23.8	16.7	43.2	10.6	8.2	16.7
	50-59	211	11.1	9.4	64.5	22.0	15.4	40.3	14.4	7.8	13.7
	60-69	105	16.4	15.4	57.1	23.5	16.6	28.6	11.2	9.3	18.1
	Total	762	13.0	12.5	70.1	21.9	15.7	41.2	11.8	9.6	14.8

^aNo. is for the total sample; mean is calculated for users.

TABLE 62 (Continued)

**Percent of Polyunsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fish/Shellfish			Meat/Fish/Poultry/Rec. ^b			Eggs		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	12.2	10.3	26.6	3.5	1.7	11.7	8.2	7.4	54.3
	30-39	86	12.3	13.1	30.2	3.8	1.3	12.8	6.6	5.9	37.2
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	13.8	11.8	36.2	5.3	2.1	7.2	8.6	8.2	33.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	10.3	9.9	24.6	26.9	0.0	1.5	8.4	6.9	29.2
	30-39	87	10.4	9.7	39.1	4.6	1.9	2.3	9.9	10.6	47.1
	40-49	77	8.3	5.6	32.5	1.0	0.0	1.3	8.0	6.4	45.5
	50-59	96	11.0	7.7	32.3	-	-	-	8.7	8.1	32.3
	60-69	76	15.0	12.0	23.7	7.8	6.2	3.9	7.5	5.1	36.8
	Total	401	10.8	9.0	30.9	8.7	9.2	1.7	8.6	7.9	38.4
Total	20-29	159	11.5	10.1	25.8	5.5	7.0	7.5	8.2	7.2	44.0
	30-39	173	11.2	11.3	34.7	3.9	1.3	7.5	8.4	8.9	42.2
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	14.3	11.7	29.7	6.3	3.9	5.5	8.0	6.6	35.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	12.9	10.0	30.5	2.6	1.6	10.2	8.5	6.1	44.1
	30-39	85	8.4	6.2	30.6	4.0	2.7	9.4	8.1	6.5	42.4
	40-49	134	15.8	12.2	25.4	3.3	0.7	6.0	8.1	7.4	40.3
	50-59	147	18.2	13.5	33.3	8.5	10.3	2.7	12.8	8.7	32.0
	60-69	77	17.7	16.5	20.8	3.5	0.6	3.9	9.8	9.5	29.9
	Total	502	15.1	12.5	28.5	4.1	4.2	5.8	9.5	7.9	37.1
Moscow	20-29	33	12.6	13.7	24.2	-	-	-	10.4	9.2	39.4
	30-39	77	15.4	13.1	28.6	2.4	1.2	3.9	7.1	8.8	36.4
	40-49	58	14.8	9.1	25.9	5.7	2.7	5.2	7.3	6.2	44.8
	50-59	64	18.2	14.0	35.9	2.0	0.0	1.6	10.4	9.3	39.1
	60-69	28	15.2	6.0	14.3	-	-	-	5.3	7.1	32.1
	Total	260	15.9	12.3	27.7	3.7	2.5	2.7	8.2	8.3	38.8
Total	20-29	92	12.8	11.0	28.3	2.6	1.6	6.5	9.1	7.2	42.4
	30-39	162	11.6	10.5	29.6	3.6	2.4	6.8	7.7	7.6	39.5
	40-49	192	15.5	11.2	25.5	4.0	1.7	5.7	7.8	7.0	41.7
	50-59	211	18.2	13.6	34.1	7.2	9.4	2.4	11.9	9.0	34.1
	60-69	105	17.2	14.9	19.0	3.5	0.6	2.9	8.6	9.0	30.5
	Total	762	15.4	12.4	28.2	4.0	3.9	4.7	9.1	8.0	37.7

^aNo. is for the total sample; mean is calculated for users.

^bRec. = Recipes, mixed dishes containing meat, fish, or poultry.

TABLE 62 (Continued)

**Percent of Polyunsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Milk/Cheese/Yogurt			Dairy Desserts/Creams			Fats/Oils		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	4.2	5.4	79.8	2.7	5.1	42.6	42.2	21.2	98.9
	30-39	86	5.0	5.9	73.3	3.9	4.3	46.5	34.7	21.1	95.3
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	7.9	8.6	68.1	2.9	3.7	49.3	29.3	19.0	94.2
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	5.4	7.1	69.2	3.3	5.1	38.5	37.8	21.3	93.8
	30-39	87	3.4	3.8	73.6	4.2	5.7	52.9	37.6	22.6	96.6
	40-49	77	5.8	13.5	74.0	4.5	11.2	49.4	34.2	20.7	94.8
	50-59	96	4.1	5.0	66.7	3.6	4.1	31.3	35.6	23.2	97.9
	60-69	76	6.1	6.7	78.9	2.3	3.6	51.3	41.5	22.3	100.0
	Total	401	4.9	7.9	72.3	3.6	6.7	44.4	37.3	22.2	96.8
Total	20-29	159	4.6	6.1	75.5	2.9	5.1	40.9	40.4	21.3	96.9
	30-39	173	4.2	5.0	73.4	4.1	5.1	49.7	36.2	21.8	96.0
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	6.9	7.6	73.8	2.6	3.6	50.3	35.9	21.6	97.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	4.3	5.4	78.0	3.4	4.1	50.8	41.7	22.5	100.0
	30-39	85	4.4	5.9	68.2	2.9	3.1	47.1	44.1	22.6	100.0
	40-49	134	7.9	9.5	72.4	4.4	8.5	48.5	35.8	24.6	97.8
	50-59	147	8.1	9.3	72.1	3.7	4.1	38.8	33.1	21.4	93.9
	60-69	77	9.8	9.3	76.6	5.3	7.6	41.6	36.1	23.0	94.8
	Total	502	7.2	8.7	72.9	4.0	6.1	44.6	37.3	23.1	96.8
Moscow	20-29	33	7.1	6.8	81.8	2.9	3.9	60.6	44.9	25.2	97.0
	30-39	77	6.0	5.6	74.0	3.4	4.3	46.8	43.4	22.8	97.4
	40-49	58	6.9	6.9	84.5	2.5	2.7	50.0	34.6	21.1	100.0
	50-59	64	6.5	7.5	82.8	2.8	2.7	43.8	37.6	28.0	98.4
	60-69	28	9.4	12.4	78.6	5.7	5.6	46.4	38.0	28.5	85.7
	Total	260	6.8	7.5	80.0	3.2	3.8	48.5	39.6	24.8	96.9
Total	20-29	92	5.3	6.1	79.3	3.2	4.0	54.3	42.9	23.4	98.9
	30-39	162	5.2	5.8	71.0	3.2	3.7	46.9	43.8	22.7	98.8
	40-49	192	7.6	8.7	76.0	3.8	7.2	49.0	35.4	23.5	98.4
	50-59	211	7.5	8.8	75.4	3.4	3.7	40.3	34.5	23.7	95.3
	60-69	105	9.7	10.1	77.1	5.4	7.0	42.9	36.6	24.3	92.4
	Total	762	7.1	8.3	75.3	3.7	5.4	45.9	38.1	23.7	96.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 62 (Continued)

**Percent of Polyunsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fruits/Vegetables			Breads/Cereals			Nuts/Seeds		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	0.1	0.7	91.5	17.7	14.3	100.0	11.8	5.9	4.3
	30-39	86	0.1	0.9	82.6	17.6	11.2	100.0	31.6	13.6	5.8
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	0.1	0.4	81.2	25.8	16.4	100.0	-	-	-
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	0.4	2.5	81.5	21.3	14.6	98.5	27.1	25.0	7.7
	30-39	87	1.3	7.7	85.1	20.4	11.9	100.0	19.0	23.5	5.7
	40-49	77	0.0	0.0	77.9	23.2	15.8	98.7	14.9	0.0	1.3
	50-59	96	0.5	4.8	80.2	24.7	15.4	100.0	78.6	17.6	2.1
	60-69	76	0.0	0.2	93.4	19.0	12.9	100.0	3.8	0.0	1.3
	Total	401	0.5	4.4	83.5	21.8	14.3	99.5	29.0	29.5	3.5
Total	20-29	159	0.2	1.6	87.4	19.2	14.5	99.4	20.3	19.8	5.7
	30-39	173	0.7	5.6	83.8	19.0	11.6	100.0	25.3	19.3	5.8
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	0.1	0.3	87.6	22.3	15.0	100.0	3.8	0.0	0.7
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	0.4	3.0	91.5	15.1	12.8	98.3	17.7	7.4	3.4
	30-39	85	0.0	0.3	95.3	13.8	12.3	95.3	17.8	7.9	4.7
	40-49	134	0.6	5.7	90.3	18.0	15.3	99.3	26.8	16.0	3.7
	50-59	147	0.5	4.6	80.3	21.6	15.3	98.6	24.9	14.0	2.7
	60-69	77	1.0	7.1	81.8	21.8	15.5	100.0	67.9	0.0	1.3
	Total	502	0.5	4.8	87.1	18.6	14.9	98.4	25.5	16.3	3.2
Moscow	20-29	33	0.1	0.4	90.9	17.9	14.1	97.0	-	-	-
	30-39	77	0.0	0.1	89.6	16.7	11.7	96.1	29.9	15.6	5.2
	40-49	58	0.0	0.0	84.5	17.0	10.4	100.0	22.9	16.1	13.8
	50-59	64	0.0	0.0	78.1	20.2	18.4	100.0	54.6	23.6	3.1
	60-69	28	0.1	0.5	85.7	23.2	20.9	96.4	6.4	0.0	3.6
	Total	260	0.0	0.2	85.4	18.5	14.9	98.1	27.9	19.3	5.8
Total	20-29	92	0.3	2.4	91.3	16.1	13.3	97.8	17.7	7.4	2.2
	30-39	162	0.0	0.2	92.6	15.2	12.1	95.7	23.9	13.1	4.9
	40-49	192	0.4	4.8	88.5	17.7	14.0	99.5	24.4	15.5	6.8
	50-59	211	0.4	3.9	79.6	21.1	16.3	99.1	34.8	21.5	2.8
	60-69	105	0.8	6.1	82.9	22.2	17.0	99.0	37.2	43.4	1.9
	Total	762	0.3	3.9	86.5	18.6	14.9	98.3	26.7	17.6	4.1

^aNo. is for the total sample; mean is calculated for users.

TABLE 62 (Continued)

**Percent of Polyunsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Desserts			Sweets		
			Mean	SD	%Users	Mean	SD	%Users
Males								
Leningrad	20-29	94	5.1	5.6	62.8	0.3	3.3	96.8
	30-39	86	4.7	5.8	67.4	0.9	8.6	97.7
	40-49	0	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-
	60-69	69	6.6	8.6	60.9	0.0	0.0	97.1
	Total	-	-	-	-	-	-	-
Moscow	20-29	65	3.9	7.0	64.6	0.6	4.8	93.8
	30-39	87	3.1	4.2	56.3	0.5	4.9	93.1
	40-49	77	3.7	5.8	54.5	0.0	0.0	90.9
	50-59	96	5.7	10.2	46.9	0.2	2.2	97.9
	60-69	76	2.3	7.3	50.0	0.0	0.0	96.1
	Total	401	3.8	7.2	53.9	0.3	3.2	94.5
Total	20-29	159	4.6	6.3	63.5	0.5	4.0	95.6
	30-39	173	4.0	5.2	61.8	0.7	7.0	95.4
	40-49	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-
	60-69	145	4.5	8.3	55.2	0.0	0.0	96.6
	Total	-	-	-	-	-	-	-
Females								
Leningrad	20-29	59	6.3	7.2	79.7	0.0	0.0	100.0
	30-39	85	7.7	9.4	76.5	0.0	0.0	92.9
	40-49	134	7.8	10.0	74.6	0.0	0.0	97.8
	50-59	147	9.1	11.4	67.3	0.4	3.3	95.2
	60-69	77	8.5	9.2	67.5	0.7	5.7	90.9
	Total	502	8.0	9.9	72.3	0.2	2.8	95.4
Moscow	20-29	33	4.2	4.9	84.8	1.4	7.6	87.9
	30-39	77	6.4	14.0	71.4	0.0	0.0	98.7
	40-49	58	6.0	6.8	74.1	0.6	4.7	100.0
	50-59	64	5.9	11.3	59.4	0.8	6.2	98.4
	60-69	28	8.8	16.7	57.1	0.0	0.0	92.9
	Total	260	6.1	11.2	69.2	0.5	4.6	96.9
Total	20-29	92	5.5	6.5	81.5	0.5	4.4	95.7
	30-39	162	7.1	11.7	74.1	0.0	0.0	95.7
	40-49	192	7.2	9.2	74.5	0.2	2.6	98.4
	50-59	211	8.2	11.4	64.9	0.5	4.4	96.2
	60-69	105	8.6	11.3	64.8	0.5	4.8	91.4
	Total	762	7.4	10.4	71.3	0.3	3.5	95.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 62 (Continued)

**Percent of Polyunsaturated Fatty Acid (g/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Soups/Sauces/Gravies			Diet Miscellany		
			Mean	SD	%Users	Mean	SD	%Users
Males								
Leningrad	20-29	94	2.4	4.2	80.9	51.1	0.0	1.1
	30-39	86	3.9	5.6	89.5	60.5	14.8	2.3
	40-49	0	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-
	60-69	69	2.1	2.8	82.6	-	-	0.0
	Total	-	-	-	-	-	-	-
Moscow	20-29	65	3.4	6.5	76.9	24.9	28.1	7.7
	30-39	87	2.6	3.8	79.3	10.5	6.2	9.2
	40-49	77	3.8	5.2	75.3	23.2	12.6	5.2
	50-59	96	3.4	4.4	80.2	23.1	25.2	6.3
	60-69	76	2.8	4.6	81.6	9.7	6.6	9.2
	Total	401	3.2	4.9	78.8	16.9	17.3	7.5
Total	20-29	159	2.8	5.2	79.2	29.2	27.3	3.8
	30-39	173	3.3	4.8	84.4	20.5	22.4	5.8
	40-49	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-
	60-69	145	2.5	3.9	82.1	9.7	6.6	4.8
	Total	-	-	-	-	-	-	-
Females								
Leningrad	20-29	59	1.4	2.0	78.0	26.3	28.8	5.1
	30-39	85	3.2	4.4	65.9	14.1	20.1	4.7
	40-49	134	3.0	4.8	61.2	36.3	29.3	2.2
	50-59	147	3.2	5.9	74.1	17.0	18.5	6.8
	60-69	77	3.3	5.6	61.0	8.9	2.8	2.6
	Total	502	2.9	5.0	67.7	19.6	20.8	4.4
Moscow	20-29	33	2.4	3.6	75.8	7.6	8.7	6.1
	30-39	77	2.6	5.5	68.8	18.3	16.8	6.5
	40-49	58	3.3	3.8	75.9	22.0	15.2	5.2
	50-59	64	3.1	3.6	67.2	21.5	13.1	6.3
	60-69	28	2.0	2.6	75.0	49.5	35.9	7.1
	Total	260	2.8	4.2	71.5	22.3	19.1	6.2
Total	20-29	92	1.8	2.7	77.2	18.8	23.2	5.4
	30-39	162	2.9	4.9	67.3	16.4	17.3	5.6
	40-49	192	3.1	4.5	65.6	29.2	22.3	3.1
	50-59	211	3.2	5.3	72.0	18.3	16.8	6.6
	60-69	105	2.9	4.9	64.8	29.2	31.3	3.8
	Total	762	2.9	4.7	69.0	20.8	19.9	5.0

^aNo. is for the total sample; mean is calculated for users.

TABLE 63

**Percent of Dietary Cholesterol (mg/day)
From Selected Food Groups & Percent of Users**

Mean and Standard Deviation,
By Sex, Clinic, and Age
LRC Program, U.S.S.R. Second Prevalence Study

Sex/clinic	Age	No. ^a	Meat			Processed Meat			Poultry		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	25.8	17.6	89.4	12.8	10.9	53.2	10.2	9.0	14.9
	30-39	86	26.9	16.3	93.0	16.2	12.3	53.5	12.5	7.8	15.1
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	29.4	18.0	79.7	14.8	12.4	50.7	14.8	10.3	20.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	30.7	20.4	83.1	13.9	14.0	58.5	15.3	10.4	15.4
	30-39	87	29.7	19.4	89.7	11.9	8.7	58.6	11.4	9.4	13.8
	40-49	77	30.2	19.6	85.7	13.7	8.4	61.0	18.5	12.4	14.3
	50-59	96	28.9	17.1	84.4	16.9	13.4	44.8	19.2	17.3	17.7
	60-69	76	27.0	16.5	81.6	15.8	14.5	55.3	18.5	11.1	19.7
	Total	401	29.3	18.5	85.0	14.4	11.9	55.1	16.9	12.8	16.2
Total	20-29	159	27.7	18.8	86.8	13.3	12.3	55.3	12.3	9.8	15.1
	30-39	173	28.3	17.9	91.3	14.0	10.7	56.1	12.0	8.4	14.5
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	28.1	17.2	80.7	15.3	13.5	53.1	16.7	10.7	20.0
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	24.0	17.2	76.3	13.1	11.3	44.1	7.7	4.0	15.3
	30-39	85	24.3	17.5	77.6	16.5	12.5	50.6	12.9	6.7	10.6
	40-49	134	25.6	15.4	73.9	18.5	14.8	43.3	18.0	8.8	15.7
	50-59	147	24.6	17.1	65.3	14.3	10.8	40.1	15.9	11.6	15.6
	60-69	77	31.0	22.5	61.0	21.8	19.7	24.7	15.7	9.7	18.2
	Total	502	25.6	17.6	70.3	16.5	13.5	40.8	15.1	9.7	15.1
Moscow	20-29	33	31.1	18.4	63.6	15.5	14.1	39.4	26.0	20.6	12.1
	30-39	77	25.2	12.6	72.7	17.5	13.1	44.2	25.5	22.3	14.3
	40-49	58	23.5	16.5	87.9	14.5	9.8	43.1	13.9	7.3	19.0
	50-59	64	23.4	17.1	62.5	15.9	11.8	40.6	20.0	5.2	9.4
	60-69	28	33.9	19.0	46.4	19.3	13.6	39.3	21.4	10.8	17.9
	Total	260	25.6	16.1	69.6	16.4	12.1	41.9	20.7	15.2	14.2
Total	20-29	92	26.2	17.7	71.7	13.9	12.2	42.4	13.3	13.9	14.1
	30-39	162	24.7	15.4	75.3	17.0	12.7	47.5	19.8	18.0	12.3
	40-49	192	24.9	15.8	78.1	17.3	13.6	43.2	16.6	8.4	16.7
	50-59	211	24.2	17.0	64.5	14.8	11.1	40.3	16.7	10.7	13.7
	60-69	105	31.7	21.7	57.1	20.9	17.5	28.6	17.2	10.0	18.1
	Total	762	25.6	17.1	70.1	16.4	13.0	41.2	16.9	12.0	14.8

^aNo. is for the total sample; mean is calculated for users.

TABLE 63 (Continued)

**Percent of Dietary Cholesterol (mg/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Fish/Shellfish			Meat/Fish/Poultry/Rec. ^b			Eggs		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	16.7	11.5	26.6	9.0	4.0	11.7	44.8	24.9	54.3
	30-39	86	15.4	12.8	30.2	14.0	9.2	12.8	35.3	19.0	37.2
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	14.5	7.8	36.2	16.8	8.1	7.2	39.3	21.4	33.3
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	17.9	12.2	24.6	50.6	0.0	1.5	49.2	20.3	29.2
	30-39	87	13.2	12.5	39.1	12.7	3.0	2.3	46.8	22.8	47.1
	40-49	77	9.9	6.0	32.5	8.0	0.0	1.3	44.1	18.7	45.5
	50-59	96	19.7	11.5	32.3	-	-	-	45.1	18.2	32.3
	60-69	76	22.9	15.1	23.7	16.3	4.9	3.9	42.2	20.3	36.8
	Total	401	16.2	12.3	30.9	19.0	14.6	1.7	45.3	20.1	38.4
Total	20-29	159	17.2	11.7	25.8	12.5	12.6	7.5	46.0	23.7	44.0
	30-39	173	14.1	12.6	34.7	13.8	8.5	7.5	41.8	21.9	42.2
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	18.0	12.0	29.7	16.6	6.6	5.5	40.9	20.7	35.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	16.9	15.0	30.5	11.8	7.1	10.2	47.8	21.7	44.1
	30-39	85	14.3	11.3	30.6	12.3	6.5	9.4	47.7	19.9	42.4
	40-49	134	18.4	14.3	25.4	10.1	7.7	6.0	42.2	23.5	40.3
	50-59	147	21.6	19.0	33.3	25.0	16.8	2.7	52.7	18.1	32.0
	60-69	77	21.6	17.1	20.8	7.7	1.1	3.9	42.4	23.1	29.9
	Total	502	18.9	16.0	28.5	12.9	9.5	5.8	46.7	21.4	37.1
Moscow	20-29	33	21.9	14.8	24.2	-	-	-	50.6	19.6	39.4
	30-39	77	18.8	11.7	28.6	13.5	3.7	3.9	38.5	18.7	36.4
	40-49	58	14.4	7.6	25.9	21.8	12.3	5.2	40.3	22.1	44.8
	50-59	64	22.9	11.8	35.9	9.5	0.0	1.6	50.6	23.0	39.1
	60-69	28	29.9	16.6	14.3	-	-	-	42.9	20.4	32.1
	Total	260	20.2	12.0	27.7	16.5	9.0	2.7	43.9	21.2	38.8
Total	20-29	92	18.4	14.8	28.3	11.8	7.1	6.5	48.8	20.8	42.4
	30-39	162	16.4	11.6	29.6	12.6	5.7	6.8	43.7	19.8	39.5
	40-49	192	17.2	12.7	25.5	13.3	10.1	5.7	41.6	22.9	41.7
	50-59	211	22.0	16.9	34.1	21.9	16.1	2.4	52.0	19.8	34.1
	60-69	105	23.2	17.0	19.0	7.7	1.1	2.9	42.5	22.1	30.5
	Total	762	19.3	14.8	28.2	13.6	9.4	4.7	45.7	21.4	37.7

^aNo. is for the total sample; mean is calculated for users.

^bRec. = Recipes, mixed dishes containing meat, fish, or poultry.

TABLE 63 (Continued)

**Percent of Dietary Cholesterol (mg/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Milk/Cheese/Yogurt			Dairy Desserts/Creams			Fats/Oils		
			Mean	SD	%Users	Mean	SD	%Users	Mean	SD	%Users
Males											
Leningrad	20-29	94	10.7	11.7	79.8	5.2	8.8	42.6	19.9	13.8	98.9
	30-39	86	14.7	17.9	73.3	8.9	8.8	46.5	19.2	14.3	95.3
	40-49	0	-	-	-	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-	-	-	-
	60-69	69	18.5	16.3	68.1	7.5	8.3	49.3	21.3	13.6	94.2
	Total	-	-	-	-	-	-	-	-	-	-
Moscow	20-29	65	16.7	17.2	69.2	8.4	11.1	38.5	18.6	15.2	93.8
	30-39	87	10.9	11.3	73.6	9.6	10.6	52.9	17.1	14.1	96.6
	40-49	77	15.3	19.5	74.0	7.9	11.5	49.4	15.9	11.4	94.8
	50-59	96	13.0	13.1	66.7	9.4	8.9	31.3	21.9	15.0	97.9
	60-69	76	17.3	16.4	78.9	7.2	9.2	51.3	19.2	15.8	100.0
	Total	401	14.4	15.7	72.3	8.5	10.3	44.4	18.7	14.5	96.8
Total	20-29	159	12.9	14.3	75.5	6.5	9.8	40.9	19.4	14.3	96.9
	30-39	173	12.8	15.0	73.4	9.3	9.7	49.7	18.2	14.2	96.0
	40-49	-	-	-	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-	-	-	-
	60-69	145	17.8	16.3	73.8	7.3	8.7	50.3	20.1	14.8	97.2
	Total	-	-	-	-	-	-	-	-	-	-
Females											
Leningrad	20-29	59	12.5	13.3	78.0	9.4	13.7	50.8	19.8	11.9	100.0
	30-39	85	11.9	10.2	68.2	8.6	9.1	47.1	23.2	18.2	100.0
	40-49	134	18.4	17.7	72.4	9.0	11.7	48.5	18.8	14.0	97.8
	50-59	147	19.0	17.7	72.1	7.8	5.9	38.8	21.6	14.4	93.9
	60-69	77	20.7	16.5	76.6	11.3	13.4	41.6	22.7	18.9	94.8
	Total	502	17.2	16.3	72.9	9.0	10.6	44.6	21.1	15.5	96.8
Moscow	20-29	33	17.6	14.3	81.8	6.8	6.2	60.6	19.1	15.7	97.0
	30-39	77	18.2	13.8	74.0	8.8	9.6	46.8	19.8	12.7	97.4
	40-49	58	18.0	15.5	84.5	6.9	5.6	50.0	19.4	15.4	100.0
	50-59	64	20.0	20.0	82.8	9.5	8.4	43.8	18.8	14.0	98.4
	60-69	28	23.4	19.0	78.6	15.5	14.1	46.4	22.2	14.3	85.7
	Total	260	19.1	16.5	80.0	8.9	8.9	48.5	19.6	14.1	96.9
Total	20-29	92	14.4	13.8	79.3	8.4	11.3	54.3	19.5	13.3	98.9
	30-39	162	15.0	12.5	71.0	8.7	9.3	46.9	21.6	15.9	98.8
	40-49	192	18.3	16.9	76.0	8.3	10.2	49.0	19.0	14.4	98.4
	50-59	211	19.3	18.5	75.4	8.4	6.8	40.3	20.8	14.3	95.3
	60-69	105	21.5	17.1	77.1	12.5	13.6	42.9	22.5	17.8	92.4
	Total	762	17.9	16.4	75.3	9.0	10.0	45.9	20.6	15.1	96.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 63 (Continued)

**Percent of Dietary Cholesterol (mg/day)
From Selected Food Groups & Percent of Users**

Sex/Clinic	Age	No. ^a	Fruits/Vegetables			Breads/Cereals		
			Mean	SD	%Users	Mean	SD	%Users
Males								
Leningrad	20-29	94	0.3	1.7	91.5	0.5	1.7	100.0
	30-39	86	0.3	2.7	82.6	0.2	1.0	100.0
	40-49	0	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-
	60-69	69	0.3	1.4	79.7	0.8	3.6	98.6
	Total	-	-	-	-	-	-	-
Moscow	20-29	65	0.6	4.2	81.5	0.4	2.3	98.5
	30-39	87	0.3	1.6	85.1	0.3	1.3	100.0
	40-49	77	0.0	0.0	77.9	0.3	1.8	98.7
	50-59	96	0.0	0.0	80.2	0.3	1.2	100.0
	60-69	76	0.2	1.3	93.4	1.2	4.1	100.0
	Total	401	0.2	1.9	83.5	0.5	2.3	99.5
Total	20-29	159	0.4	2.9	87.4	0.4	2.0	99.4
	30-39	173	0.3	2.2	83.8	0.3	1.1	100.0
	40-49	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-
	60-69	145	0.3	1.3	86.9	1.0	3.9	99.3
	Total	-	-	-	-	-	-	-
Females								
Leningrad	20-29	59	0.1	0.7	91.5	0.6	2.6	98.3
	30-39	85	0.1	0.8	95.3	0.0	0.4	95.3
	40-49	134	0.4	2.5	90.3	0.2	1.0	99.3
	50-59	147	0.4	2.5	80.3	0.0	0.0	98.6
	60-69	77	0.4	1.6	81.8	0.4	2.4	100.0
	Total	502	0.3	2.0	87.1	0.2	1.4	98.4
Moscow	20-29	33	0.2	1.2	90.9	0.0	0.0	97.0
	30-39	77	0.0	0.3	89.6	0.8	3.4	96.1
	40-49	58	0.0	0.0	84.5	0.2	1.5	100.0
	50-59	64	0.0	0.0	78.1	0.1	0.6	100.0
	60-69	28	0.8	4.1	85.7	0.0	0.0	96.4
	Total	260	0.1	1.4	85.4	0.3	2.0	98.1
Total	20-29	92	0.1	0.9	91.3	0.4	2.1	97.8
	30-39	162	0.1	0.6	92.6	0.4	2.4	95.7
	40-49	192	0.3	2.1	88.5	0.2	1.2	99.5
	50-59	211	0.3	2.1	79.6	0.0	0.4	99.1
	60-69	105	0.5	2.5	82.9	0.3	2.1	99.0
	Total	762	0.3	1.8	86.5	0.2	1.6	98.3

^aNo. is for the total sample; mean is calculated for users.

TABLE 63 (Continued)

**Percent of Dietary Cholesterol (mg/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Desserts			Sweets		
			Mean	SD	%Users	Mean	SD	%Users
Males								
Leningrad	20-29	94	8.7	12.8	62.8	0.0	0.0	96.8
	30-39	86	10.1	13.4	67.4	0.0	0.0	97.7
	40-49	0	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-
	60-69	69	8.5	11.1	60.9	0.0	0.0	95
	Total	-	-	-	-	-	-	-
Moscow	20-29	65	11.0	12.6	64.6	0.0	0.0	93.8
	30-39	87	7.3	11.8	56.3	0.0	0.0	93.1
	40-49	77	7.2	9.2	54.5	0.0	0.0	90.9
	50-59	96	10.7	14.4	46.9	0.0	0.0	97.9
	60-69	76	4.7	7.3	50.0	0.0	0.0	96.1
	Total	401	8.2	11.6	53.9	0.0	0.0	94.5
Total	20-29	159	9.6	12.7	63.5	0.0	0.0	95.6
	30-39	173	8.8	12.7	61.8	0.0	0.0	95.4
	40-49	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-
	60-69	145	6.7	9.6	55.2	0.0	0.0	95.9
	Total	-	-	-	-	-	-	-
Females								
Leningrad	20-29	59	11.8	14.9	79.7	0.0	0.0	100.0
	30-39	85	9.8	12.5	76.5	0.0	0.0	92.9
	40-49	134	11.4	15.0	74.6	0.0	0.0	97.8
	50-59	147	14.3	17.8	67.3	0.0	0.0	95.2
	60-69	77	15.3	21.6	67.5	0.0	0.0	90.9
	Total	502	12.5	16.5	72.3	0.0	0.0	95.4
Moscow	20-29	33	7.2	11.0	84.8	0.0	0.0	87.9
	30-39	77	13.8	18.9	71.4	0.0	0.0	98.7
	40-49	58	8.2	11.1	74.1	0.0	0.0	100.0
	50-59	64	10.2	17.1	59.4	0.0	0.0	98.4
	60-69	28	7.7	14.3	57.1	0.0	0.0	92.9
	Total	260	10.1	15.5	69.2	0.0	0.0	96.9
Total	20-29	92	10.1	13.7	81.5	0.0	0.0	95.7
	30-39	162	11.7	15.8	74.1	0.0	0.0	95.7
	40-49	192	10.4	14.0	74.5	0.0	0.0	98.4
	50-59	211	13.2	17.7	64.9	0.0	0.0	96.2
	60-69	105	13.5	20.3	64.8	0.0	0.0	91.4
	Total	762	11.7	16.2	71.3	0.0	0.0	95.9

^aNo. is for the total sample; mean is calculated for users.

TABLE 63 (Continued)

**Percent of Dietary Cholesterol (mg/day)
From Selected Food Groups & Percent of Users**

Sex/clinic	Age	No. ^a	Soups/Sauces/Gravies			Diet Miscellany		
			Mean	SD	%Users	Mean	SD	%Users
Males								
Leningrad	20-29	94	2.5	3.4	80.9	8.0	0.0	1.1
	30-39	86	4.0	6.0	89.5	30.3	42.4	2.3
	40-49	0	-	-	-	-	-	-
	50-59	0	-	-	-	-	-	-
	60-69	69	3.1	4.0	82.6	-	-	0.0
	Total	-	-	-	-	-	-	-
Moscow	20-29	65	4.0	9.5	76.9	17.9	18.5	6.2
	30-39	87	2.7	3.1	79.3	11.5	17.9	8.0
	40-49	77	4.0	4.4	75.3	42.6	32.8	5.2
	50-59	96	4.8	5.7	80.2	30.2	28.3	5.2
	60-69	76	3.9	4.2	81.6	9.1	9.0	6.6
	Total	401	3.9	5.6	78.8	20.7	23.6	6.2
Total	20-29	159	3.1	6.5	79.2	15.9	16.6	3.1
	30-39	173	3.4	4.9	84.4	15.7	23.1	5.2
	40-49	-	-	-	-	-	-	-
	50-59	-	-	-	-	-	-	-
	60-69	145	3.5	4.1	82.1	9.1	9.0	3.4
	Total	-	-	-	-	-	-	-
Females								
Leningrad	20-29	59	2.6	3.5	78.0	26.5	27.2	3.4
	30-39	85	3.9	3.9	65.9	1.7	1.4	4.7
	40-49	134	3.3	4.2	61.2	36.2	27.4	2.2
	50-59	147	4.0	6.7	74.1	15.0	14.6	6.8
	60-69	77	3.6	4.0	61.0	3.8	4.5	2.6
	Total	502	3.6	5.0	67.7	15.5	18.4	4.2
Moscow	20-29	33	3.0	2.3	75.8	6.8	0.0	3.0
	30-39	77	2.6	3.6	68.8	14.6	26.5	6.5
	40-49	58	3.8	4.6	75.9	7.1	4.2	5.2
	50-59	64	4.5	4.7	67.2	16.6	20.7	3.1
	60-69	28	2.9	3.5	75.0	81.6	0.0	3.6
	Total	260	3.4	4.0	71.5	18.0	26.7	4.6
Total	20-29	92	2.7	3.1	77.2	19.9	22.3	3.3
	30-39	162	3.3	3.8	67.3	8.9	19.9	5.6
	40-49	192	3.5	4.3	65.6	21.7	23.7	3.1
	50-59	211	4.2	6.2	72.0	15.2	14.6	5.7
	60-69	105	3.4	3.8	64.8	29.8	45.0	2.9
	Total	762	3.5	4.7	69.0	16.4	21.4	4.3

^aNo. is for the total sample; mean is calculated for users.

TABLE 64

Total Energy (kcal)
Major Contributors to Mean Intake
For Total Sample (No.=1,412)
LRC Program, U.S.S.R. Second Prevalence Study

Rank	Food Item	% of Total Energy	Cumulative %	No. of Users	% Users
1	Bread, white	8.9	8.9	1,106	78.3
2	Butter	8.6	17.6	1,238	87.7
3	Sugar	8.4	26.0	1,306	92.5
4	Beef	7.4	33.4	933	66.1
5	Bread, rye	6.9	40.3	1,127	79.8
6	Potatoes	4.6	44.9	855	60.6
7	Milk, 3% fat	3.7	48.6	809	57.3
8	Cereal II	3.0	51.6	480	34.0
9	Sausage, boiled, fat	2.6	54.2	295	20.9
10	Soup, vegetable	2.3	56.5	524	37.1
11	Fruit II	1.9	58.4	433	30.7
12	Oil, sunflower	1.8	60.2	468	33.1
13	Fruit, preserves	1.7	61.9	255	18.1
14	Eggs	1.6	63.4	547	38.7
15	Sausage, boiled, lean	1.6	65.0	302	21.4
16	Sour cream	1.4	66.5	490	34.7
17	Cheese, hard	1.3	67.7	297	21.0
18	Cheese (tvorog), 18% fat	1.2	68.9	143	10.1
19	Pastry (pirozhok), baked	1.1	70.0	123	8.7
20	Vodka, cognac	1.1	71.2	85	6.0
21	Brioche	1.1	72.2	90	6.4
22	Cereal I	1.0	73.3	255	18.1
23	Beer	1.0	74.2	126	8.9
24	Pancakes, cheese	0.8	75.0	46	3.3
25	Pork, fat	0.8	75.8	61	4.3
26	Fruit I	0.8	76.6	204	14.4
27	Pork, salted	0.8	77.4	84	5.9
28	Lard	0.8	78.2	252	17.8
29	Broth	0.7	78.9	695	49.2
30	Sausage, half-smoked	0.7	79.6	99	7.0
31	Pancakes (blini, oladi)	0.7	80.3	48	3.4
32	Diet miscellany	0.7	81.0	99	7.0
33	Pork, lean	0.7	81.7	84	5.9
34	Candy, chocolate covered	0.7	82.3	166	11.8
35	Milk, 6% fat	0.6	83.0	98	6.9
36	Margarine, butter	0.6	83.6	194	13.7
37	Cookies, plain	0.6	84.2	110	7.8
38	Wine, dessert	0.6	84.8	45	3.2
39	Mutton	0.6	85.4	81	5.7
40	Crackers (sushka)	0.5	85.9	236	16.7
41	Butter icing	0.5	86.4	75	5.3
42	Vegetables, pickled	0.5	86.9	332	23.5
43	Mayonnaise	0.4	87.4	128	9.1
44	Soup, bean	0.4	87.8	85	6.0
45	Cod liver, canned	0.4	88.2	71	5.0
46	Fish, lean	0.4	88.6	146	10.3
47	Fish, salted	0.4	89.0	149	10.6
48	Pork, lean, trimmed	0.4	89.4	88	6.2
49	Cake, sponge	0.4	89.8	56	4.0
50	Cookies, sugar wafer	0.4	90.2	34	2.4

Note: Cereal I: Oatmeal, farina, buckwheat
Cereal II: Macaroni, rice, barley, millet
Fruit I: $\leq 10\%$ carbohydrate
Fruit II: $> 10\%$ carbohydrate

TABLE 65

Total Protein (g) Major Contributors to Mean Intake For Total Sample (No.=1,412) LRC Program, U.S.S.R. Second Prevalence Study

Rank	Food Item	% of Total Protein	Cumulative %	No. of Users	% Users
1	Beef	25.1	25.1	933	66.1
2	Bread, white	7.3	32.4	1,106	78.3
3	Bread, rye	6.1	38.5	1,127	79.8
4	Milk, 3% fat	5.1	43.6	809	57.3
5	Potatoes	3.8	47.4	855	60.6
6	Eggs	3.7	51.1	547	38.7
7	Broth	3.4	54.5	695	49.2
8	Sausage, boiled, fat	2.8	57.3	295	20.9
9	Cereal II	2.4	59.7	480	34.0
10	Cheese, hard	2.4	62.0	297	21.0
11	Sausage, boiled, lean	2.3	64.4	302	21.4
12	Fish, lean	2.3	66.6	146	10.3
13	Cheese (tvorog), 18% fat	2.0	68.7	143	10.1
14	Soup, vegetable	1.5	70.2	524	37.1
15	Mutton	1.4	71.6	81	5.7
16	Pork, lean, trimmed	1.4	73.0	88	6.2
17	Cod liver, canned	1.2	74.2	71	5.0
18	Chicken, dark, with skin	1.1	75.3	98	6.9
19	Chicken, white, with skin	1.1	76.5	100	7.1
20	Fish, salted	1.1	77.5	149	10.6
21	Cereal I	1.1	78.6	255	18.1
22	Pancakes, cheese	1.1	79.6	46	3.3
23	Pastry (pirozhok), baked	0.9	80.6	123	8.7
24	Brioche	0.9	81.5	90	6.4
25	Sausage, half-smoked	0.9	82.3	99	7.0
26	Cheese, processed	0.8	83.1	62	4.4
27	Pork, lean	0.8	83.9	84	5.9
28	Meat filling	0.8	84.7	70	5.0
29	Diet miscellany	0.7	85.4	99	7.0
30	Fish, canned, natural	0.7	86.1	64	4.5
31	Pancakes (blini, oladi)	0.7	86.7	48	3.4
32	Liver, beef	0.6	87.4	42	3.0
33	Milk, 6% fat	0.6	88.0	98	6.9
34	Pork, fat	0.5	88.5	61	4.3
35	Crackers (sushka)	0.5	89.0	236	16.7
36	Chicken, white, without skin	0.5	89.5	39	2.8
37	Fruit II	0.4	89.9	433	30.7
38	Sausage, smoked	0.4	90.3	47	3.3
39	Ham, cured, trimmed	0.4	90.8	50	3.5
40	Soup, bean	0.4	91.1	85	6.0
41	Vegetables, leafy, cooked	0.4	91.5	195	13.8
42	Cake, sponge	0.4	91.9	56	4.0
43	Fruit I	0.3	92.2	204	14.4
44	Cookies, plain	0.3	92.6	110	7.8
45	Ham, cured	0.3	92.9	23	1.6
46	Sour cream	0.3	93.2	490	34.7
47	Vegetables, leafy, raw	0.3	93.5	361	25.6
48	Vegetables, pickled	0.3	93.8	332	23.5
49	Cheese (tvorog), 9% fat	0.3	94.0	21	1.5
50	Vegetables, root	0.3	94.3	194	13.7

Note: Cereal I: Oatmeal, farina, buckwheat
Cereal II: Macaroni, rice, barley, millet
Fruit I: ≤ 10% carbohydrate
Fruit II: > 10% carbohydrate

TABLE 66

Total Fat (g)
Major Contributors to Mean Intake
For Total Sample (No.=1,412)
 LRC Program, U.S.S.R. Second Prevalence Study

Rank	Food Item	% of Total Fat	Cumulative %	No. of Users	% Users
1	Butter	22.2	22.2	1,238	87.7
2	Beef	10.0	32.2	933	66.1
3	Sausage, boiled, fat	5.5	37.7	295	20.9
4	Milk, 3% fat	4.7	42.4	809	57.3
5	Oil, sunflower	4.6	47.0	468	33.1
6	Sour cream	3.4	50.3	490	34.7
7	Sausage, boiled, lean	3.1	53.5	302	21.4
8	Bread, white	2.9	56.4	1,106	78.3
9	Eggs	2.6	59.0	547	38.7
10	Soup, vegetable	2.4	61.5	524	37.1
11	Cheese, hard	2.3	63.8	297	21.0
12	Cheese (tvorog), 18% fat	2.1	65.9	143	10.1
13	Pork, salted	2.0	67.9	84	5.9
14	Lard	2.0	69.8	252	17.8
15	Pork, fat	1.9	71.7	61	4.3
16	Margarine, butter	1.6	73.3	194	13.7
17	Sausage, half-smoked	1.5	74.8	99	7.0
18	Pork, lean	1.4	76.3	84	5.9
19	Pancakes, cheese	1.1	77.4	46	3.3
20	Mayonnaise	1.1	78.5	128	9.1
21	Milk, 6% fat	1.0	79.5	98	6.9
22	Mutton	1.0	80.6	81	5.7
23	Diet miscellany	1.0	81.6	99	7.0
24	Butter icing	0.9	82.5	75	5.3
25	Bread, rye	0.8	83.3	1,127	79.8
26	Soup, bean	0.8	84.1	85	6.0
27	Fat, chicken	0.7	84.8	74	5.2
28	Margarine, table	0.7	85.6	131	9.3
29	Candy, chocolate covered	0.7	86.3	166	11.8
30	Cod liver, canned	0.7	86.9	71	5.0
31	Fish, salted	0.6	87.5	149	10.6
32	Sausage, smoked	0.6	88.1	47	3.3
33	Meat filling	0.5	88.6	70	5.0
34	Cookies, sugar wafer	0.5	89.2	34	2.4
35	Pork, lean, trimmed	0.5	89.7	88	6.2
36	Vegetables, pickled	0.4	90.1	332	23.5
37	Cookies, plain	0.4	90.5	110	7.8
38	Shortening, animal fat	0.3	90.8	45	3.2
39	Bacon	0.3	91.2	17	1.2
40	Pastry (pirozhok), baked	0.3	91.5	123	8.7
41	Chicken, dark, with skin	0.3	91.8	98	6.9
42	Soup, Moscow, Borscht	0.3	92.1	24	1.7
43	Cheese, processed	0.3	92.4	62	4.4
44	Duck, with skin	0.3	92.7	12	0.8
46	Ice cream	0.3	93.0	29	2.1
46	Beef, fat	0.3	93.3	28	2.0
47	Cream	0.3	93.5	14	1.0
48	Cereal II	0.3	93.8	480	34.0
49	Cheese (tvorog), 23% fat	0.2	94.1	17	1.2
50	Peanuts	0.2	94.3	36	2.5

Note: Cereal II: Macaroni, rice, barley, millet

TABLE 67

**Total Saturated Fatty Acids (SFA) (g)
Major Contributors to Mean Intake
For Total Sample (No.=1,412)
LRC Program, U.S.S.R. Second Prevalence Study**

Rank	Food Item	% of Total SFA	Cumulative %	No. of Users	% Users
1	Butter	31.0	31.0	1,238	87.7
2	Beef	9.9	41.0	933	66.1
3	Milk, 3% fat	6.7	47.6	809	57.3
4	Sour cream	4.9	52.5	490	34.7
5	Sausage, boiled, fat	4.5	57.0	295	20.9
6	Soup, vegetable	3.4	60.4	524	37.1
7	Cheese, hard	3.3	63.7	297	21.0
8	Cheese (tvorog), 18% fat	2.9	66.7	143	10.1
9	Sausage, boiled, lean	2.5	69.2	302	21.4
10	Eggs	1.8	71.0	547	38.7
11	Pork, salted	1.6	72.6	84	5.9
12	Lard	1.6	74.2	252	17.8
13	Pancakes, cheese	1.5	75.8	46	3.3
14	Milk, 6% fat	1.5	77.3	98	6.9
15	Pork, fat	1.5	78.8	61	4.3
16	Butter icing	1.3	80.1	75	5.3
17	Sausage, half-smoked	1.2	81.3	99	7.0
18	Oil, sunflower	1.2	82.5	468	33.1
19	Pork, lean	1.2	83.6	84	5.9
20	Mutton	1.0	84.6	81	5.7
21	Bread, white	0.9	85.5	1,106	78.3
22	Candy, chocolate covered	0.8	86.3	166	11.8
23	Diet miscellany	0.8	87.1	99	7.0
24	Margarine, butter	0.7	87.8	194	13.7
25	Soup, bean	0.6	88.4	85	6.0
26	Meat filling	0.6	89.0	70	5.0
27	Fat, chicken	0.5	89.5	74	5.2
28	Sausage, smoked	0.5	90.0	47	3.3
29	Cheese, processed	0.4	90.4	62	4.4
30	Ice cream	0.4	90.8	29	2.1
31	Cream	0.4	91.2	14	1.0
32	Pork, lean, trimmed	0.4	91.6	88	6.2
33	Soup, Moscow, Borscht	0.3	92.0	24	1.7
34	Cheese, Ricotta-type, 23% fat	0.3	92.3	17	1.2
35	Cookies, sugar wafer	0.3	92.6	34	2.4
36	Margarine, table	0.3	92.9	131	9.3
37	Bread, rye	0.3	93.3	1,127	79.8
38	Beef fat	0.3	93.6	28	2.0
39	Mayonnaise	0.3	93.9	128	9.1
40	Cod liver, canned	0.3	94.2	71	5.0
41	Cheese filling	0.3	94.4	37	2.6
42	Fish, salted	0.3	94.7	149	10.6
43	Pastry (pirozhok), baked	0.3	95.0	123	8.7
44	Bacon	0.3	95.3	17	1.2
45	Chocolate	0.3	95.5	28	2.0
46	Duck, with skin	0.2	95.8	12	0.8
47	Fat, mutton	0.2	96.0	24	1.7
48	Soup, mutton	0.2	96.3	22	1.6
49	Cookies, plain	0.2	96.5	110	7.8
50	Chicken, dark, with skin	0.2	96.7	98	6.9

TABLE 68

Total Monounsaturated Fatty Acids (MFA) (g) Major Contributors to Mean Intake For Total Sample (No.=1,412)

LRC Program, U.S.S.R. Second Prevalence Study

Rank	Food Item	% of Total MFA	Cumulative %	No. of Users	% Users
1	Butter	17.8	17.8	1,238	87.7
2	Beef	12.0	29.8	933	66.1
3	Sausage, boiled, fat	7.4	37.2	295	20.9
4	Sausage, boiled, lean	4.0	41.2	302	21.4
5	Milk, 3% fat	3.8	45.0	809	57.3
6	Oil, sunflower	3.1	48.1	468	33.1
7	Eggs	3.0	51.1	547	38.7
8	Sour cream	2.9	54.0	490	34.7
9	Lard	2.7	56.7	252	17.8
10	Pork, salted	2.7	59.3	84	5.9
11	Bread, white	2.6	61.9	1,106	78.3
12	Pork, fat	2.5	64.5	61	4.3
13	Margarine, butter	2.4	66.8	194	13.7
14	Sausage, half-smoked	2.0	68.9	99	7.0
15	Pork, lean	1.9	70.8	84	5.9
16	Soup, vegetable	1.9	72.7	524	37.1
17	Cheese, hard	1.9	74.6	297	21.0
18	Cheese (tvorog), 18% fat	1.9	76.5	143	10.1
19	Mutton	1.1	77.6	81	5.7
20	Fish, salted	1.1	78.7	149	10.6
21	Diet miscellany	1.1	79.8	99	7.0
22	Margarine, table	1.1	80.8	131	9.3
23	Soup, bean	1.0	81.9	85	6.0
24	Pancakes, cheese	1.0	82.8	46	3.3
25	Milk, 6% fat	0.9	83.7	98	6.9
26	Cookies, sugar wafer	0.8	84.5	34	2.4
27	Fat, chicken	0.8	85.3	74	5.2
28	Bread, rye	0.8	86.1	1,127	79.8
29	Mayonnaise	0.8	86.8	128	9.1
30	Sausage, smoked	0.8	87.6	47	3.3
31	Butter icing	0.7	88.3	75	5.3
32	Cod liver, canned	0.7	89.1	71	5.0
33	Candy, chocolate covered	0.7	89.8	166	11.8
34	Pork, lean, trimmed	0.6	90.4	88	6.2
35	Meat filling	0.6	91.0	70	5.0
36	Cookies, plain	0.5	91.5	110	7.8
37	Bacon	0.5	92.0	17	1.2
38	Shortening, animal fat	0.5	92.4	45	3.2
39	Duck, with skin	0.4	92.8	12	0.8
40	Pastry (pirozhok), baked	0.4	93.2	123	8.7
41	Beef fat	0.3	93.6	28	2.0
42	Soup, Moscow, Borscht	0.3	93.9	24	1.7
43	Chicken, dark, with skin	0.3	94.2	98	6.9
44	Ham, cured	0.3	94.5	23	1.6
45	Peanuts	0.3	94.8	36	2.5
46	Ham, cured, trimmed	0.3	95.1	50	3.5
47	Soup (Kharcho)	0.3	95.4	22	1.6
48	Fish, canned, natural	0.3	95.7	64	4.5
49	Cheese, processed	0.2	95.9	62	4.4
50	Fat, mutton	0.2	96.1	24	1.7

TABLE 69

Total Polyunsaturated Fatty Acids (PFA) (g)
Major Contributors to Mean Intake
For Total Sample (No.=1,412)
 LRC Program, U.S.S.R. Second Prevalence Study

Rank	Food Item	% of Total PFA	Cumulative %	No. of Users	% Users
1	Oil, sunflower	21.0	21.0	468	33.1
2	Bread, white	12.6	33.6	1,106	78.3
3	Butter	7.0	40.7	1,238	87.7
4	Sausage, boiled, fat	5.0	45.6	295	20.9
5	Mayonnaise	4.9	50.5	128	9.1
6	Beef	4.2	54.8	933	66.1
7	Bread, rye	3.4	58.1	1,127	79.8
8	Eggs	2.7	60.9	547	38.7
9	Sausage, boiled, lean	2.4	63.3	302	21.4
10	Diet miscellany	2.4	65.7	99	7.0
11	Margarine, butter	2.3	68.0	194	13.7
12	Lard	1.8	69.8	252	17.8
13	Pork, salted	1.8	71.7	84	5.9
14	Pork, fat	1.7	73.4	61	4.3
15	Fat, chicken	1.6	74.9	74	5.2
16	Cod liver, canned	1.6	76.5	71	5.0
17	Milk, 3% fat	1.4	78.0	809	57.3
18	Pork, lean	1.3	79.3	84	5.9
19	Sausage, half-smoked	1.3	80.6	99	7.0
20	Margarine, table	1.2	81.8	131	9.3
21	Walnuts	0.9	82.7	12	0.8
22	Fish, salted	0.8	83.5	149	10.6
23	Sour cream	0.8	84.3	490	34.7
24	Soup, vegetable	0.7	85.0	524	37.1
25	Soup, bean	0.7	85.7	85	6.0
26	Chicken, dark, with skin	0.7	86.4	98	6.9
27	Fish, lean	0.7	87.1	146	10.3
28	Cheese (tvorog), 18% fat	0.6	87.7	143	10.1
29	Fish, canned, natural	0.6	88.4	64	4.5
30	Shortening, animal fat	0.6	89.0	45	3.2
31	Peanuts	0.6	89.6	36	2.5
32	Mutton	0.5	90.1	81	5.7
33	Cookies, plain	0.5	90.6	110	7.8
34	Sausage, smoked	0.5	91.0	47	3.3
35	Candy, chocolate covered	0.4	91.5	166	11.8
36	Pork, lean, trimmed	0.4	91.9	88	6.2
37	Cheese, hard	0.4	92.4	297	21.0
38	Potato chips	0.4	92.8	7	0.5
39	Chicken, white, with skin	0.4	93.1	100	7.1
40	Pancakes, cheese	0.3	93.5	46	3.3
41	Bacon	0.3	93.8	17	1.2
42	Rusk	0.3	94.1	33	2.3
43	Milk, 6% fat	0.3	94.4	98	6.9
44	Pastry (pirozhek), baked	0.3	94.7	123	8.7
45	Butter icing	0.3	95.0	75	5.3
46	Cookies, sugar wafer	0.3	95.3	34	2.4
47	Halva, sunflower	0.3	95.5	7	0.5
48	Oil, corn	0.3	95.8	5	0.4
49	Halva, sesame	0.3	96.1	4	0.3
50	Meat filling	0.2	96.3	70	5.0

TABLE 70

Total Dietary Cholesterol (mg)
Major Contributors to Mean Intake
For Total Sample (No.=1,412)
 LRC Program, U.S.S.R. Second Prevalence Study

Rank	Food Item	% of Total Diet. Chol.	Cumulative %	No. of Users	% Users
1	Eggs	26.2	26.2	547	38.7
2	Butter	15.6	41.8	1,238	87.7
3	Beef	13.7	55.5	933	66.1
4	Milk, 3% fat	4.8	60.3	809	57.3
5	Sausage, boiled, fat	2.7	62.9	295	20.9
6	Sour cream	2.3	65.3	490	34.7
7	Beef liver	2.3	67.6	42	3.0
8	Sausage, boiled, lean	2.2	69.7	302	21.4
9	Cake, sponge	1.8	71.6	56	4.0
10	Cheese, hard	1.6	73.2	297	21.0
11	Soup, vegetable	1.5	74.8	524	37.1
12	Cheese (tvorog), 18% fat	1.5	76.3	143	10.1
13	Fish, lean	1.3	77.6	146	10.3
14	Fish, salted	1.2	78.7	149	10.6
15	Diet miscellany	1.1	79.8	99	7.0
16	Mutton	0.9	80.8	81	5.7
17	Milk, 6% fat	0.9	81.7	98	6.9
18	Brioche	0.9	82.6	90	6.4
19	Cod liver, canned	0.9	83.5	71	5.0
20	Pancakes, cheese	0.8	84.3	46	3.3
21	Chicken, dark, with skin	0.8	85.1	98	6.9
22	Sausage, half-smoked	0.8	85.9	99	7.0
23	Pork, lean, trimmed	0.8	86.7	88	6.2
24	Butter icing	0.7	87.4	75	5.3
25	Meat filling	0.7	88.1	70	5.0
26	Pastry (pirozhok), baked	0.6	88.7	123	8.7
27	Chicken, white, with skin	0.6	89.4	100	7.1
28	Fish, canned, natural	.6	89.9	64	4.5
29	Pork, lean	0.6	90.5	84	5.9
30	Pork, fat	0.5	91.0	61	4.3
31	Pancakes (blini, oladi)	0.5	91.5	48	3.4
32	Lard	0.4	91.9	252	17.8
33	Torte, plain	0.4	92.3	16	1.1
34	Cake, pound	0.4	92.7	30	2.1
35	Ham, cured, trimmed	0.4	93.1	50	3.5
36	Mayonnaise	0.4	93.4	128	9.1
37	Pork, salted	0.3	93.8	84	5.9
38	Cheese, processed	0.3	94.1	62	4.4
39	Sausage, smoked	0.3	94.5	47	3.3
40	Eclair	0.3	94.7	20	1.4
41	Cheese filling	0.2	94.9	37	2.6
42	Tart crust	0.2	95.2	57	4.0
43	Ham, cured	0.2	95.4	23	1.6
44	Caviar	0.2	95.6	24	1.7
45	Ice cream	0.2	95.8	29	2.1
46	Soup, Moscow, Borscht	0.2	96.1	24	1.7
47	Chicken, white, without skin	0.2	96.3	39	2.8
48	Cream	0.2	96.5	14	1.0
49	Soup, bean	0.2	96.6	85	6.0
50	Cookies, plain	0.2	96.8	110	7.8

TABLE 71

Total Carbohydrate (g)
Major Contributors to Mean Intake
For Total Sample (No.=1,412)
 LRC Program, U.S.S.R. Second Prevalence Study

Rank	Food Item	% of Total Carbohydrate	Cumulative %	No. of Users	% Users
1	Sugar	18.8	18.8	1,306	92.5
2	Bread, white	15.1	33.9	1,106	78.3
3	Bread, rye	12.7	46.6	1,127	79.8
4	Potatoes	9.0	55.6	855	60.6
5	Cereal II	5.6	61.2	480	34.0
6	Fruit II	4.0	65.3	433	30.7
7	Fruit, preserves	3.8	69.1	255	18.1
8	Milk, 3% fat	2.7	71.8	809	57.3
9	Soup, vegetable	2.5	74.3	524	37.1
10	Pastry (pirozhok), baked	2.0	76.3	123	8.7
11	Brioche	1.9	78.2	90	6.4
12	Cereal I	1.8	80.0	255	18.1
13	Fruit I	1.6	81.5	204	14.4
14	Pancakes (blini, oladi)	1.2	82.7	48	3.4
15	Crackers (sushka)	1.1	83.8	236	16.7
16	Cookies, plain	1.0	84.8	110	7.8
17	Candy, chocolate covered	0.9	85.6	166	11.8
18	Beer	0.8	86.4	126	8.9
19	Pastry (pryanik)	0.7	87.2	43	3.0
20	Tart crust	0.7	87.8	57	4.0
21	Vegetables, pickled	0.6	88.4	332	23.5
22	Cake, sponge	0.6	89.0	56	4.0
23	Broth	0.6	89.6	695	49.2
24	Pancakes, cheese	0.6	90.2	46	3.3
25	Candy, hard	0.6	90.7	137	9.7
26	Pastry (pirozhok), fried	0.6	91.3	38	2.7
27	Wine, dessert	0.5	91.8	45	3.2
28	Fruit water	0.4	92.2	71	5.0
29	Diet miscellany	0.4	92.6	99	7.0
30	Cookies, sugar wafer	0.4	92.9	34	2.4
31	Kissel	0.4	93.3	37	2.6
32	Vegetables, root	0.4	93.7	194	13.7
33	Vegetables, leafy, raw	0.3	94.0	361	25.6
34	Cake, pound	0.3	94.4	30	2.1
35	Butter icing	0.3	94.7	75	5.3
36	Milk, 6% fat	0.3	95.0	98	6.9
37	Torte, plain	0.3	95.3	16	1.1
38	Noodles, egg, commercial	0.3	95.6	47	3.3
39	Pastry, puff	0.3	95.9	31	2.2
40	Vegetables, leafy, cooked	0.3	96.1	195	13.8
41	Rusk	0.3	96.4	33	2.3
42	Milk, condensed	0.2	96.6	98	6.9
43	Candy, toffee	0.2	96.9	45	3.2
44	Ice cream	0.2	97.1	29	2.1
45	Cookies, rich	0.2	97.3	29	2.1
46	Pancakes (blinchiki)	0.2	97.4	17	1.2
47	Honey	0.2	97.6	35	2.5
48	Gravy	0.2	97.8	226	16.0
49	Sour cream	0.2	98.0	490	34.7
50	Soup, bean	0.2	98.1	85	6.0

Note: Cereal I: Oatmeal, farina, buckwheat
 Cereal II: Macaroni, rice, barley, millet
 Fruit I: $\leq 10\%$ carbohydrate
 Fruit II: $> 10\%$ carbohydrate
 Kissel: Sweetened beverage thickened with starch

TABLE 72

Total Starch (g) Major Contributors to Mean Intake For Total Sample (No.=1,412) LRC Program, U.S.S.R. Second Prevalence Study

Rank	Food Item	% of Total Starch	Cumulative %	No. of Users	% Users
1	Bread, white	25.4	25.4	1,106	78.3
2	Bread, rye	23.2	48.6	1,127	79.8
3	Potatoes	16.5	65.1	855	60.6
4	Cereal II	10.3	75.4	480	34.0
5	Cereal I	3.3	78.7	255	18.1
6	Pastry (pirozhok), baked	3.2	81.8	123	8.7
7	Soup, vegetable	2.9	84.7	524	37.1
8	Brioche	2.6	87.3	90	6.4
9	Pancakes (blini, oladi)	2.0	89.3	48	3.4
10	Crackers (sushka)	1.9	91.2	236	16.7
11	Cookies, plain	1.2	92.4	110	7.8
12	Pastry (pirozhok), fried	0.9	93.3	38	2.7
13	Tart crust	0.8	94.2	57	4.0
14	Pastry (prianik)	0.7	94.8	43	3.0
15	Noodles, egg, commercial	0.5	95.3	47	3.3
16	Pastry, puff	0.5	95.8	31	2.2
17	Cake, sponge	0.5	96.3	56	4.0
18	Pancakes, cheese	0.5	96.7	46	3.3
19	Rusk	0.4	97.1	33	2.3
20	Cake, pound	0.3	97.5	30	2.1
21	Pancakes (blinchiki)	0.3	97.8	17	1.2
22	Torte, plain	0.3	98.0	16	1.1
23	Sauce, tomato	0.2	98.3	38	2.7
24	Cookies, sugar wafer	0.2	98.5	34	2.4
25	Kissel	0.2	98.7	37	2.6
26	Cookies, rich	0.2	98.9	29	2.1
27	Gravy	0.2	99.0	226	16.0
28	Soup (Kharcho)	0.2	99.2	22	1.6
29	Beans, peas, dried	0.1	99.3	10	0.7
30	Noodles, egg, homemade	0.1	99.4	8	0.6
31	Sausage, boiled, lean	0.1	99.5	302	21.4
32	Eclair	0.1	99.6	20	1.4
33	Diet miscellany	0.1	99.7	99	7.0
34	Potato chips	0.1	99.8	7	0.5
35	Cookies, butter	0.1	99.8	6	0.4
36	Sausage, boiled, fat	0.1	99.9	295	20.9
37	Corn	0.0	99.9	3	0.2
38	Soup, Ukranian, Borscht	0.0	99.9	5	0.4
39	Cheese dumplings (vareniki)	0.0	100.0	2	0.1
40	Ice cream cone	0.0	100.0	9	0.6
41	Cookies, fruit	0.0	100.0	1	0.1
42	Milk sauce	0.0	100.0	8	0.6
43	Soup, Moscow, Borscht	0.0	100.0	24	1.7

Note: Cereal I: Oatmeal, farina, buckwheat
Cereal II: Macaroni, rice, barley, millet
Kissel: Sweetened beverage thickened with starch

TABLE 73

Total Sugar (g) Major Contributors to Mean Intake For Total Sample (No.=1,412) LRC Program, U.S.S.R. Second Prevalence Study

Rank	Food Item	% of Total Sugar	Cumulative %	No. of Users	% Users
1	Sugar	62.5	62.5	1,306	92.5
2	Preserves, fruit	12.5	75.1	255	18.1
3	Bread, white	4.2	79.3	1,106	78.3
4	Candy, chocolate covered	2.2	81.5	166	11.8
5	Brioche	1.6	83.1	90	6.4
6	Fruit water	1.4	84.5	71	5.0
7	Candy, hard	1.3	85.9	137	9.7
8	Pastry (pryanik)	1.1	87.0	43	3.0
9	Cake, sponge	1.1	88.1	56	4.0
10	Butter icing	1.1	89.1	75	5.3
11	Cookies plain	1.0	90.1	110	7.8
12	Kissel	0.9	91.0	37	2.6
13	Pancakes, cheese	0.8	91.8	46	3.3
14	Wine, dessert	0.8	92.6	45	3.2
15	Cookies, sugar wafer	0.8	93.4	34	2.4
16	Tart crust	0.7	94.1	57	4.0
17	Pastry (pirozhok), baked	0.7	94.8	123	8.7
18	Milk, condensed	0.7	95.5	98	6.9
19	Cake, pound	0.6	96.0	30	2.1
20	Ice cream	0.5	96.5	29	2.1
21	Candy, toffee	0.5	97.0	45	3.2
22	Diet miscellany	0.4	97.5	99	7.0
23	Torte, plain	0.4	97.9	16	1.1
24	Cookies, rich	0.3	98.1	29	2.1
25	Cheese (tvorog), 23% fat	0.2	98.4	17	1.2
26	Chocolate	0.2	98.6	28	2.0
27	Pancakes (blini, oladi)	0.2	98.8	48	3.4
28	Rusk	0.2	99.0	33	2.3
29	Pastry (pirozhok), fried	0.2	99.1	38	2.7
30	Cheese filling	0.1	99.2	37	2.6
31	Ice milk	0.1	99.4	7	0.5
32	Crackers (sushka)	0.1	99.5	236	16.7
33	Fruit III	0.1	99.6	5	0.4
34	Cheese (tvorog), chocolate glazed	0.1	99.6	4	0.3
35	Halva sesame	0.1	99.7	4	0.3
36	Halva, sunflower	0.1	99.7	7	0.5
37	Ice cream cone	0.1	99.8	9	0.6
38	Cookies, butter	0.0	99.8	6	0.4
39	Pancakes (blinchiki)	0.0	99.9	17	1.2
40	Mayonnaise	0.0	99.9	128	9.1
41	Cream, condensed	0.0	99.9	7	0.5
42	Soup, Moscow, Borscht	0.0	100.0	24	1.7
43	Cheese dumplings (vareniki)	0.0	100.0	2	0.1
44	Gelatin, sweetened	0.0	100.0	1	0.1
45	Cookies, fruit	0.0	100.0	1	0.1
46	Halva, peanut	0.0	100.0	1	0.1
47	Milk sauce	0.0	100.0	8	0.6

Note: Fruit III: Canned, sweetened fruit
Kissel: Sweetened beverage thickened with starch

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9. Lipoproteins (Proceedings of the USSR-USA First Lipoprotein Symposium), Leningrad, USSR, May 26-27, 1981. (in Russian)
 10. Proceedings of the USA-USSR First Lipoprotein Symposium: Laboratory Research, Joint Population Studies, Leningrad, USSR, May 26-27, 1981. U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, NIH Publication No. 83-1966, November 1982.

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- Population Descriptions and Methodology for US-USSR Collaboration in Problem Area 1
 - Organization of Research in Soviet Lipid Centers in Problem Area 1 of the USSR-USA Collaboration: Description of Populations and Methodology
 - Plasma Lipids and Lipoprotein Cholesterol Distributions
 - Correlates of HDL Cholesterol: USSR Studies
 - The Correlates of HDL Cholesterol: The US Study
 - Dietary Assessment Methods and Basic Intake Levels
 - Association of HDL Cholesterol and LDL Cholesterol With Nutrient Intake
 - Prevalence of Ischemic ECG Abnormalities and Angina
 - Results of Four Years of Followup of USSR Populations
11. US-USSR Steering Committee for Cardiovascular Area 1: The Pathogenesis of Atherosclerosis. USSR and US nutrient intake, plasma lipids, lipoproteins in men aged 40-59 sampled from Lipid Research Clinics populations. Presented at American Heart Association 55th Scientific Session, Dallas, November 1982.
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- Population Descriptions and Methodology for US-USSR Collaboration in Area 1 (The Pathogenesis of Atherosclerosis): Second Prevalence Study Details for Moscow and Leningrad Lipid Research Clinics
- Correlates of Systolic and Diastolic Blood Pressure in Men Aged 20 to 39 Years from US and USSR Lipid Research Clinic Populations
- Correlates of Lipids and Lipoproteins in Men Aged 20 to 39 Years from US and USSR Lipid Research Clinic Populations
- Nutrient Intake in Men Aged 20 to 39 Years from US and USSR Lipid Research Clinic Populations
- Correlates of Systolic and Diastolic Blood Pressures and Lipids and Lipoproteins in Men Aged 20 to 69 Years from US and USSR Lipid Research Clinic Populations
- Correlates of Systolic and Diastolic Blood Pressures in Women Aged 20 to 69 Years from US and USSR Lipid Research Clinic Populations
- Correlates of Lipids and Lipoproteins in Women Aged 20 to 69 Years from US and USSR Lipid Research Clinic Populations
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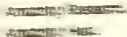
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This data book was prepared at the Collaborative Studies Coordinating Center, Department of Biostatistics, School of Public Health, University of North Carolina, by Barbara Dennis, Ratna Thomas, Sandra H. Irving, James R. Abernathy, and Gracie Janic. The authors wish to thank Alka Kapur for clerical support.





— *מחנה אהל מועד* —

30-44-10A
 30-44-10B
 30-44-10C

1. The first part of the text discusses the importance of maintaining accurate records of all transactions, including sales, purchases, and expenses. It emphasizes the need for consistency and thoroughness in record-keeping to ensure the reliability of financial data.

2. The second part of the text focuses on the importance of regular reconciliation of accounts. It explains how reconciling accounts helps identify discrepancies, correct errors, and ensure that the books are balanced. This process is crucial for maintaining the integrity of the financial system.

3. The third part of the text discusses the importance of proper classification of transactions. It highlights the need to categorize transactions correctly according to the accounting system, ensuring that they are recorded in the appropriate accounts. This helps in providing a clear and accurate picture of the company's financial performance.

4. The fourth part of the text discusses the importance of proper documentation of transactions. It emphasizes the need to maintain supporting documents, such as invoices, receipts, and contracts, to provide evidence for the recorded transactions. This is essential for auditing and ensuring the accuracy of the financial records.

5. The fifth part of the text discusses the importance of proper timing of transactions. It explains that transactions should be recorded in the period in which they occur, regardless of when the cash is received or paid. This ensures that the financial statements reflect the true financial position of the company at any given time.

6. The sixth part of the text discusses the importance of proper valuation of transactions. It explains that transactions should be recorded at their fair market value, and any changes in value should be reflected in the accounts. This helps in providing a realistic and accurate picture of the company's financial performance.

7. The seventh part of the text discusses the importance of proper disclosure of transactions. It emphasizes the need to disclose all material transactions, including those that may be unusual or complex, to provide a complete and transparent view of the company's financial activities.

8. The eighth part of the text discusses the importance of proper review and approval of transactions. It explains that all transactions should be reviewed and approved by the appropriate authority, such as the manager or owner, to ensure that they are properly recorded and authorized.

9. The ninth part of the text discusses the importance of proper archiving of transactions. It emphasizes the need to maintain a secure and accessible record of all transactions for future reference and auditing. This helps in ensuring the long-term integrity and reliability of the financial records.

10. The tenth part of the text discusses the importance of proper communication of transactions. It explains that all transactions should be communicated clearly and accurately to the relevant parties, including the accounting department, to ensure that they are properly recorded and processed.

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